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TURN ON TOMORROW

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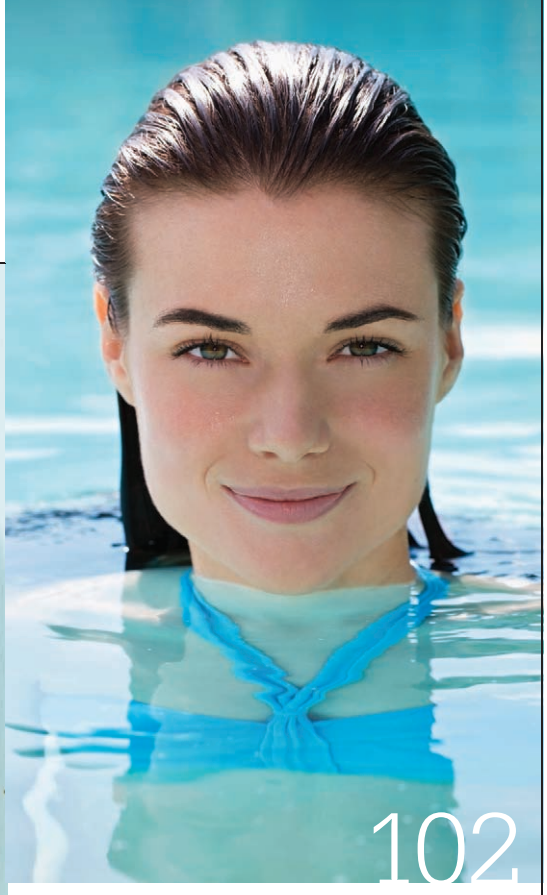

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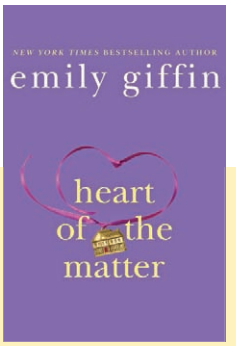
Yesterday my 16-year-old daughter told me there was an undercover cop at school. When I asked her why she said, "because it's 4/20." I still didn't get it. Looking at me like I just landed from another planet she explained, "It's April 20th. 4/20. Pot Day. Everyone knows that." Well, I didn't. I asked my husband about it later that night. He'd never heard of it either—which left us both feeling clueless. In case you're also not familiar with it, 4/20 refers to the time of day (4:20) that a group of California teens back in the 1970s used to meet after school to smoke pot together. Somehow since then 4/20 has evolved into a counterculture national holiday—hence the police presence at our local high school. (Need more proof? The magazine *High Times* owns the domain 420.com). That kids still smoke marijuana is not surprising; what's disturbing to me as a parent of teens is that the number is on the rise. "From movies like *Hot Tub Time Machine* to the TV show *Weeds* to Michael Phelps' marijuana moment, there's a constant message being sent to teens: Everybody must get stoned, and it's all right," says writer Michael Winerip, a father of four. His special report, "High Season," on page 56, explains why pot is having a resurgence, tells you what to do if your teen inhales and offers advice on the best ways to get your kids to just say no. Since June and July are the months when most kids try pot for the first time, now is the perfect opportunity to talk to them about the risks of lighting up.

Linda Fears, Editor in Chief
linda@familycircle.com



book pick

***Heart of the Matter* by Emily Giffin (St. Martin's Press)**

Giffin's calling card has always been her ability to delve into the workings of relationships. But in her latest book the best-selling novelist probes deeper than ever, and in doing so pulls off an unlikely feat: making "the other woman" and the betrayed wife equally (well, almost) sympathetic and likable. (As for the surgeon husband who strays—not so much.) With intelligence, humor and piercing insight, Giffin shows that in matters of love, it is possible to be right and yet so wrong.

MOMster

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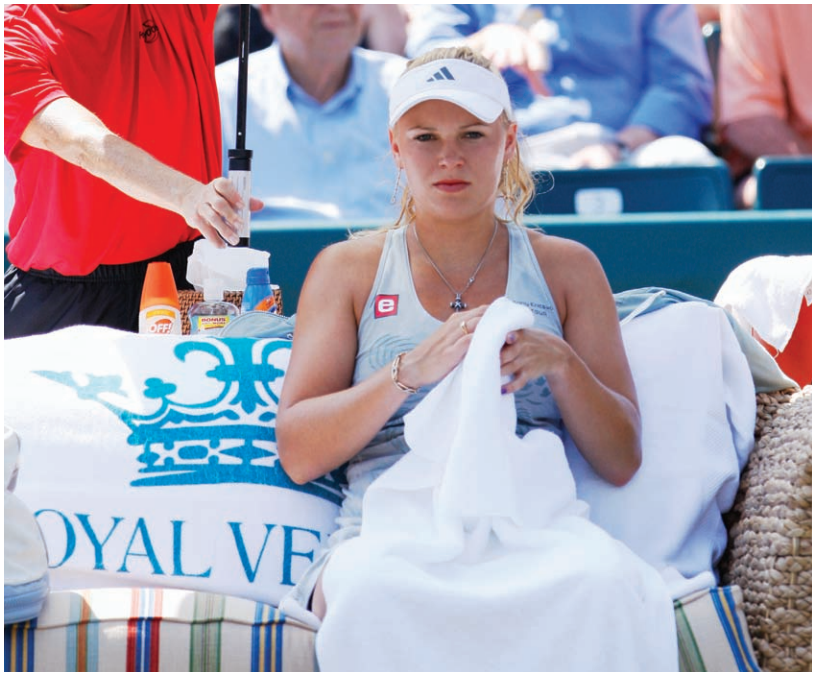

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michael winerip

Writing "High Season," page 56, reminded Mike that he has only so much control over what his kids do. "I've worked very hard as a parent to discourage them from using pot and alcohol, and have emphasized the importance of moderation," says this *New York Times* Pulitzer Prize-winning reporter. "But in the end it's their choice."

cyd mcdowell

When she found out she was going to style the recipes in "Southern Comfort," page 164, Cyd was ecstatic. "I would probably choose fried chicken as my last meal," she says. "The five spice version was my favorite—crispy on the outside, tender on the inside, with a hint of sweetness."

linda marsa

"There are people who've lost everything—house, cars, good credit—to pay for medical treatments," says Linda, who has written for *Financial Times* and *Mother Jones*. "I hope the recent passing of the health care reform bill will make this scenario a thing of the past, giving peace of mind to millions of U.S. families." Read "Health Care 101," page 150.

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CHILD'S PLAY

I'm 16 years old and, let's be honest, I'd lost interest in decorating Easter eggs—or so I thought. Your article on new ways to jazz up eggs ["Eggs Over Easy," April 1] made me feel like a little kid again. I couldn't wait to create them with my family this year. Thanks for the inspiration!

Samantha Greenfield, Forest Hill, MD

First Class

I love the format of your recent covers. They're simple, yet elegant—and they truly stand out amid other magazines.

Ann Preston, Mechanicsville, VA

Thanks for the Memories

When I was a new wife and mother, I devoured the pages of *Family Circle*—the magazine was my "Everything You Need to Know About Life and Living Well" sourcebook. For the first time in years I flipped through an issue and was overwhelmed by many wonderful memories. The articles on parenting, the fun recipes, the decorating ideas and wellness advice added up to a wealth of knowledge that has stayed with me. Thank you for everything you've provided to countless women, including myself, all these years.

Terasa Goggins Gipson, East Amherst, NY

Homeward Bound

As an animal shelter volunteer, I encourage your readers to save and, should they ever need to, follow your tips for finding lost cats and dogs ["Lost and Found," April 17]. Getting a microchip, as you've advised, is a great idea, but it's also important to have pets spayed and neutered—sterilized animals are much less likely to wander off.

Lindsay Pollard-Post, Holland, MI

At my vet's recommendation, I recently went online after finding a stray cat. I had checked the local newspapers, shelters and vets with no luck. Thankfully, the family had placed an ad on Craigslist.com, so I was able to reunite them with their pet.

Carrie Swank, via e-mail

Right on Time

I have shopped (in vain) for years to find a tool similar to my Egg-Perfect timer and was absolutely thrilled to see it featured in Inner Circle in the April 1 issue. This is a fun hostess or "just because" gift. I used mine this week to make deviled eggs.

Edith Fincher, Lubbock, TX

ONLINE THIS MONTH

- Choose the winner of our $1,000 Prom Look Photo Contest! Go to familycircle.com/promlookvoting between June 14 and June 30 to cast your vote.
- Planning a trip this summer? Get vacation ideas plus money-saving tips at familycircle.com/familytravel

familycircle.com

WALK OUR WAY

After participating in last year's Family Circle/American Heart Association Start! Walking Challenge, I created an employee wellness program for the teachers in the Lamar School District. Those participating had struggled with weight issues—now they're able to share wonderful stories about how they're exercising and their health is improving. On a personal note, I'm still walking and have lost an additional 16 pounds!

Karen Chitty-Boe, Sugar Land, TX

»Turn to page 135 to check out our walking challenge, and visit familycircle.com/walk2010 to log your miles and win fantastic prizes.

Send us your ideas Share your thoughts, stories and photos, and we may publish them. E-mail us at fcfeedback@familycircle.com. All e-mails become the property of *Family Circle* and may be edited prior to publication. Please include your phone number.

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Inner Circle

STAFF PICKS, TRICKS AND FAVORITE FINDS THIS MONTH

Jonna Gallo Weppler
ARTICLES DIRECTOR

board of ed

"My soon-to-be-6-year-old son is a huge Lego fan, so I love the company's new games that combine building with strategy. In Minotaurus, a Minotaur protects a secret temple. The goal is to get there yourself while waylaying opponents by placing Legos in their path. The basic game is pretty simple, but you can switch up the rules a bit as kids grow. That makes for a longer shelf life, which appeals to my practical side, and I love that we won't be saying goodbye to the iconic little bricks anytime soon." Lego.com, $25

Fare Game

"The airlines have done a terrific job lately of taking the fun out of travel," says Executive Editor Darcy Jacobs. Charging for carry-ons?!? Give me a break. But one thing that's actually gotten better is finding a great fare, at **fly.com**. It's easy to compare flight options, and the prices shown include taxes and fees—so no sticker shock later. The coolest feature is the calendar that displays the cheapest ticket to a destination on a given day. Now if only I could find a site that offers free upgrades."

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Hang out with the editors online at Momster, our new social network for moms of tweens and teens. Connect, decompress and have fun!

INTERIOR MOTIVE

Lisa Kelsey
ART DIRECTOR

"For me, redecorating has always involved piles upon piles of ripped-out magazine pages and a certain amount of frustration in trying to figure out how to put it all together. At last I can work digitally, which makes experimenting a pleasure. An artsy website I love, **mydeco.com**, lets me design an entire room in 3-D, using images from its database or ones I upload myself. I can check out other people's projects for inspiration too. I could spend hours playing around on this site, even when I'm not officially planning a redo."

Celia Shatzman
ASSOCIATE EDITOR

TICKET TO RIDE

"New this summer from Radio Flyer—yes, they of the classic red wagon—is the Smooth Rider, a retro-looking scooter scaled for tweens and teens. The handlebars adjust to suit any height and the whole thing folds to store. If I had a kid, I'd be getting him one—and going for a spin, because it's sturdy enough for adults. Radioflyer.com, $100

Photo (Weppler): Karen Pearson. Illustration: Michael Crampton.

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Mom • ster /mäm-ster/ *n* (2009) **1:** the mom you are **a:** the mom you want to be **b:** the mom you sometimes wish you weren't but know you have to be **2:** when you cross a mom with what her kids call her behind her back

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THE RESULTS ARE IN

Your son or daughter brings home a new friend—with dyed hair, multiple piercings and what looks like a real tattoo. What do you do?

1% Assume the kid spells trouble and say he's not welcome in the house.

9% Strongly suggest finding someone else to hang out with.

37% Stress at first, but remind yourself not to judge a book by its cover.

53% Make a point of getting to know this intriguing new friend.

"My teen has a tattoo, a piercing, a part-time job, is a great student and will be in college next fall." **crimsonkitkat**

"While I wouldn't forbid my kids from hanging out with someone based on looks alone, I would strongly consider whether that person's a good friend choice and I would have a long talk with my kids about it." **lovemytween**

» Go to Momster.com to weigh in!

Hot Group
RAISING DAUGHTERS
momster.com/group/raisingdaughters

JOIN THE CONVERSATION

➜ Sex is one thing, porn quite another. Yet one mom is thinking of buying her son, ahem, a men's magazine. Thoughts?
momster.com/fc/mensmagazines

➜ What should you do when your good kid gets in with a bad crowd?
momster.com/fc/badcrowd

Momster of the Month:
SWINTIME

"My daughter was diagnosed with OCD last year and I've tried to find out as much information as I can about her illness by reading and researching on the Internet," says this mom from Maumee, Ohio. "I joined Momster.com as a way to connect with other moms who have kids with similar issues." She's done just that in the Kids with OCD and Anxiety group, which she started. "It's comforting to get advice and to learn how to teach our children to cope with their problems."

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YOUR FAVORITE RECIPES AND TIPS

reader exchange

oatmeal bars

MAKES 16 bars **PREP** 10 minutes
BAKE at 375° for 35 minutes
MICROWAVE 30 seconds

- **1 cup all-purpose flour**
- **1¼ teaspoons baking powder**
- **¼ teaspoon salt**
- **1 cup light-brown sugar**
- **¾ cup (1½ sticks) unsalted butter, softened**
- **1 teaspoon vanilla extract**
- **¼ cup milk**
- **2 cups quick oats**
- **1¼ cups semisweet chocolate chips**

1. Heat oven to 375°. Coat a 8 x 8 x 2-inch baking pan with nonstick cooking spray; set aside.

2. In a small bowl, whisk flour, baking powder and salt together. In a large bowl, beat sugar and butter on medium-high speed until fluffy. Beat in vanilla. Reduce speed to low and beat in milk, then flour mixture. Stir in oats and 1 cup of the chocolate chips.

3. Spread batter into prepared baking pan. Bake at 375° for 35 minutes or until wooden pick inserted in center comes out clean. Cool completely on a wire rack. Microwave remaining ¼ cup chocolate chips for 30 seconds; stir until smooth and drizzle over bars. Cut into squares.

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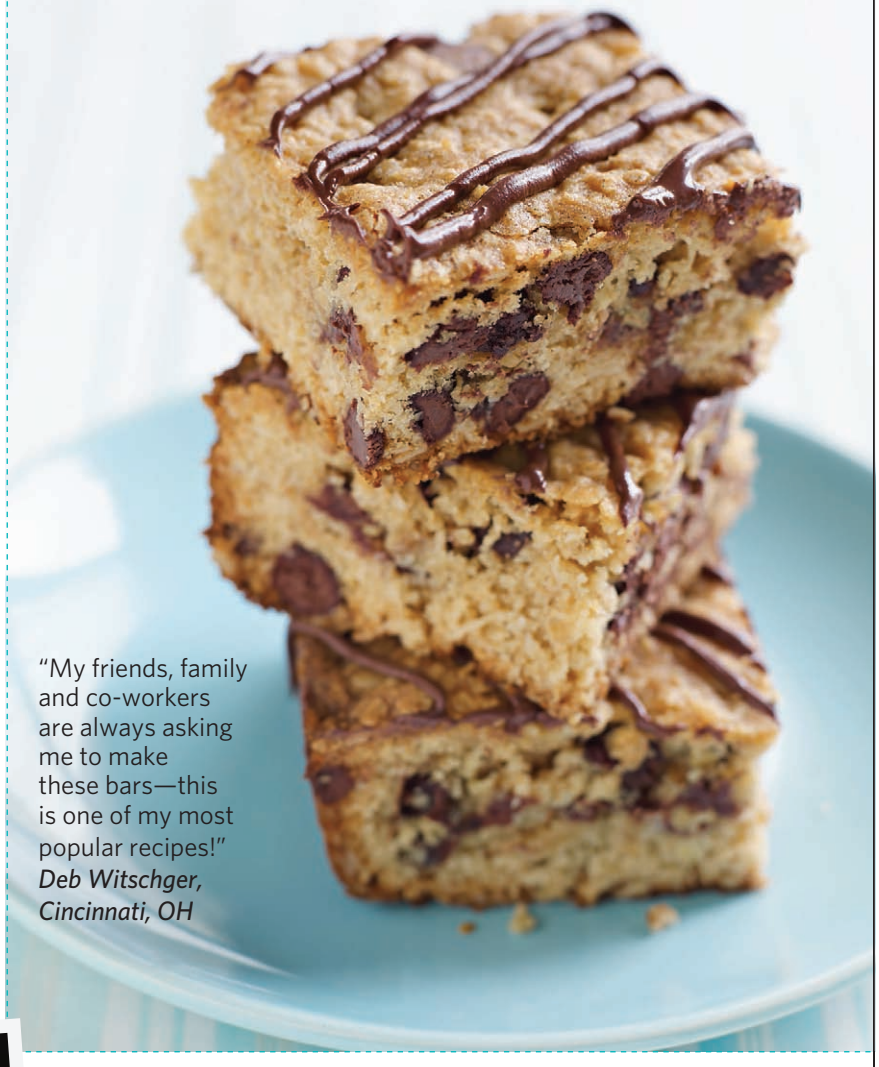
Check out more reader recipes at
familycircle.com/readerrecipes



"My friends, family and co-workers are always asking me to make these bars—this is one of my most popular recipes!"
Deb Witschger, Cincinnati, OH

BAND TOGETHER

Instead of rifling through drawers in search of elastic hair bands, I put them on a carabiner clip that I keep in my bathroom. Now I always know where to find them.
Chris Lynch, Santa Rosa, CA

→THE TERMINATOR

To get rid of weeds on my patio and walkway, I pour white vinegar on them—they disappear in no time.
Barbara Kentfold, Wayne, PA

→A SWEET AROMA

I give my refrigerator a nice smell by placing a cotton ball dipped in vanilla extract inside.
Hyla Drinnon, Mohawk, TN

→DIG OUT

Whenever I get to the bottom of a beauty item, I cut the tube in half. That way I can scoop out any remaining product that I otherwise would have thrown away.
Allison Osterloo, Sioux Falls, SD

Food styling: Michael Pederson. Prop styling: Lynda White.

photography by **Alexandra Grablewski**

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home

do-it-yourself ideas • decorating strategies • favorite finds

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20 / Home News **22** / Laid-Back California Bungalow
33 / 25 Outdoor Living Ideas

my space

Make your bathroom a tranquil spot for unwinding. A neutral color palette, like crisp whites or soft pastels, sets a relaxing tone. To give it personality, New York interior designer Maria Gabriela Brito suggests adding a few decorative elements, such as a pretty wooden side table or a grouping of inexpensively framed black-and-white photos.

Photo: Michael Partenio.

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by Kate Doherty

Anchors Away

Ride the style wave with nautical-themed accessories for a sofa, table or wall.

Surround yourself with what you love. Trends may come and go, but your personal style is always in fashion.

PRO POINTERS

In his new book, *American Modern* (Abrams), designer **Thomas O'Brien** offers a behind-the-scenes peek into his signature style. He shares his top secrets for creating contemporary, comfortable rooms.

Fabric trick » The quickest way to change your decor is with a set of sheets in a dramatic new color or napkins in a bold print.

Home school » Trust your own instincts but learn from experts—visit museums and browse books for decorating inspiration.

Treasure hunt » Don't postpone collecting because you think you can't afford it. You can find paintings and pottery at every price in flea markets and online.

Schooner helm wall mirror, $50, Two's Company, 800-896-7266 for stores

Outdoor nautical double old-fashioned glass, $24/4, potterybarn.com

Wood lantern, $25, jcpenney.com

Maine Isle throw pillow, $29.50, llbean.com

HOME LIBRARY

In ***Handy Dad*** (Chronicle Books), HGTV star Todd Davis gives instructions for fun building projects, including a lava lamp, bird feeder and water balloon launcher. The 25 easy to challenging ideas should keep a family entertained all summer long.

GO GREEN SAVE $

Plant window boxes and patio containers with cheerful marigolds. Besides adding a jolt of bright color, these easy-to-maintain flowers **naturally repel pesky mosquitoes.**

Photos: (O'Brien) Courtesy of Aero Studios; (mirror, pillow, cup) Peter Ardito.

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Sunny OUTLOOK

LIFE'S A BEACH IN THIS EASY-LIVING CALIFORNIA BUNGALOW. STEAL THESE IDEAS FOR CREATING A LAID-BACK STYLE IN YOUR HOME.

BY JUDY PROUTY

photography by **Edmund Barr**

Michele and Chuck with Charlie, 11; Daisy, 13; and their dog, Biscuit.

EVERY ROOM IN MICHELE TROUT'S HOME GLOWS WITH A SUMMERY VIBE,

from the serene, sun-bathed living room to her husband Chuck's surfer-themed study. She gets her decorating inspiration from whatever catches her eye, a bowl of turbo shells or a swatch of tropical print fabric. "In the living area I used the brown, turquoise, white combination of the shells as a neutral backdrop and added a hit of apricot for contrast," explains Michele. Such easygoing strategies are a hallmark of her style, both in her own home and in the work she does for clients as a designer with Bonesteel Trout Hall Interiors. "I like clean lines, restful colors—nothing overdone," she says. "Richness comes with textures—nubby fabrics on furniture, grass cloth on walls or pillows with a fuzzy trim." Some might say her southern California bungalow, at 1,900 square feet, is on the small side. But Michele saw the size as a perfect fit for the couple and their two kids, Daisy, now 13, and Charlie, 11. "I'm not a collector so I appreciate that there's no room for anything that isn't functional," she says. "It's comfortable and cozy, the way a house near the beach should be."

COOKING UP STYLE

At one end of the kitchen a hand-me-down luncheonette table and built-in banquette create a cozy spot for snacks. Michele set up her desk with a computer and phone on the other side. "I wanted a place where the kids can do their homework and I can keep an eye on them," she says. Michele designed the area for maximum efficiency —"like a boat"— with lots of built in cabinets and cupboards to hold games, art supplies and school stuff as well as dinnerware.

IN THE KITCHEN MICHELE LIKES WHITE CABINETS, COUNTERS AND FURNITURE —"IT FEELS CLEAN," SHE SAYS.

GLASS DOORS PUT DECORATIVE ITEMS ON DISPLAY.

Prop styling: Sunday Hendrickson.

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TROPICAL PUNCH

"I like a little whimsy in a room," Michele says about Chuck's study, with its bold South Seas–inspired fabric and hula-fringed pillows. She mounted the Hap Jacobs longboard over the TV as a decorative element and a nod to her husband's longtime enthusiasm for paddle surfing. Michele added personal touches like family photos and a Hawaiian ukulele. "The Tiki god was all his idea," she says.

IT TURNS OUT CHUCK'S STUDY IS SO MUCH FUN THE ROOM HAS MORPHED INTO A HANGOUT ZONE FOR THE WHOLE FAMILY.

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THE KIDS' BATHROOM HAS THE COOL BLUE LOOK OF A DEEP-SEA GROTTO.

FAUX CORAL DRAWER PULLS ADD PIZZAZZ.

SPLISH SPLASH

Beachy touches include a turquoise Terrazzo floor, silver-blue vinyl-covered walls, moss green tile grout in the shower and a bench upholstered with a Pucci towel. (Hooked rug by judiboisson.com, Oceana paint by Martha Stewart)

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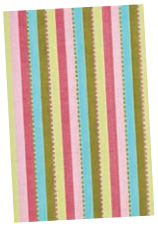
MICHELE'S TIPS (AND OUR PICKS) FOR SUMMER STYLE

Try a bold tropical print on pillows or an ottoman. **Hawaiian flocked 22" pillow, $25, bedbathandbeyond.com**

Bring the color palette of the outdoors in with a bowl of shells.

Go for casual-chic with a rattan, cane or bamboo stool. **Tahiti stool, $30, cb2.com**

A coral motif makes you feel like you're by the seashore. **Drawer pull with vintage illustration of red coral, $8, monkeyshines.etsy.com**



Striped cotton throw rugs on bare wood floors give a room a fresh, clean look. **Cabana rug, from $28, dashandalbert.com**

A NARROW SHELF HOLDS SNOW GLOBES.

PLAY TIME

For space efficiency, Michele had a bed with storage drawers built under the window in Charlie's 10' x 10' bedroom. His collection of baseball trophies lines the shelves. "I reupholstered an old wing chair from my dad's office," she says. "I'm big on repurposing furniture instead of buying new."

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25 WAYS TO MAKE A Splash

It's summertime and the outdoor living's easy—thanks to these clever, colorful ideas. BY PETRA GUGLIELMETTI

1 | design on a dime

When it's party time, string a few kaleidoscopic paper garlands overhead—they're a festive fun touch—and break out the cheap, chic paper parasols and hand fans to help beat the heat. **Parrot 13' garland, $3, pearlriver.com**

2 | CHILL OUT

Think of a garden mister as a kind of grown-up sprinkler. Attach the clear flexible tubing under the overhang of your patio to keep your cool. Orbit portable outdoor mister, $18, amazon.com

3 / social networking

One person's cast-off garden gnome can be someone else's treasure. Search for useful or beautiful outdoor decor items on freecycle.org or craigslist.com.

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4 | RAISE THE BAR

Why spend your party time refilling glasses when you can let guests serve themselves at a designated table? Put beverage bottles in an ice-filled metal bucket. Pour punch and iced tea into pretty pitchers, and line up colorful glasses on a tray. "I add a bowl of lemons, which makes the bar feel summery," says Dallas party planner Kimberly Schlegel Whitman, author of *Tablescapes: Setting the Table with Style* (Gibbs Smith). Essential Home Floral Bohemian Garden pitcher, $10, kmart.com

5 | skeeter beaters

Keep pesky critters at bay by dressing up your patio with citronella candles in tea tins, jars or other decorative containers, or plant these floral torches straight into the lawn. If you're put off by the scent, burn sandalwood incense—it's another way to drive bugs away. **Citronella lotus and flower torch candles, $6 each, Pier 1 stores**

6 | GET A LEG (OR TWO) UP

Kick back with an ottoman designed to stand up to the elements. Look for a sturdy one that can double as an extra seat or table when needed. Ceramic garden stool, $80, Home Goods stores

« 7 STENCIL IT IN

Pep up a blah wooden picnic table by covering the top in a mod pattern using paint and oversize geometric stencils. The shapes in ***Stencil 101 Decor*** (Chronicle Books), $25, are designed to line up easily for a wall-papered kind of look.

8 | upward mobility

Create a cool-looking focal point in your backyard by hanging a bright, modernist metal mobile from a tree branch or pergola, suggests Christiane Lemieux, creative director for DwellStudio. Get a similar effect by suspending a flea market chandelier that you've painted a bold shade. **Flowing Rhythm mobile, Flensted Mobiles, $54, designpublic.com**

9 | NEW LEAF

If you're short on ground space near the patio for an herb garden, grow plants in large terra-cotta pots or hanging containers. A grouping of fresh herbs look great and smell fragrant, and "you can easily reach for them to add to whatever you have on the grill," says Jamie Durie, host of *The Outdoor Room* on HGTV. "Wrap shrimp kebabs in basil leaves or sprinkle rosemary on lamb chops."

Photos: (Herbs) Peter Krumhardt; (mobile) Bryan McCay. Illustration: Monica Hellstrom.

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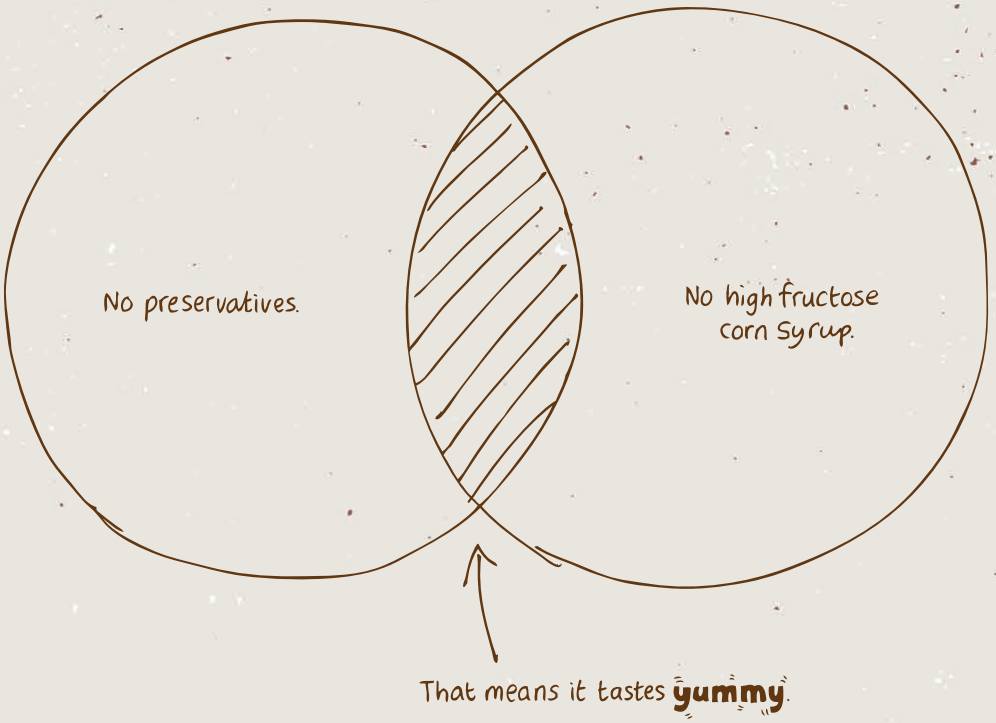
A simple diagram for tasty tea.



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10 | DISH LIST

Blowing through stacks of paper plates can bring on a serious case of eco-guilt. Instead, serve up dishwasher-safe, planet-friendly melamine in gorgeous colors and graphic patterns. Sorrento plates, $20/4, crateandbarrel.com

11 | BRIGHT IDEA

Light a path or give a glow to the outdoor table with battery-operated LED candles. They won't blow out in the breeze. Flameless candles, from $2, flamelesscandles.net

12 | center of attention

No other form of entertainment is needed when guests can sit around a portable fire pit in low-slung chairs watching the flames dance. If you can, locate your conversation pit where the yard dips down. "It mimics the feeling of a sunken living room," Durie says. **Sonoma Outdoors Life + Style fire pit, $220, kohls.com**

13 | FLOWER POWER

Think outside the vase by hanging a wreath full of blossoms on your front door. Or place one on the table as a centerpiece with a pillar candle in the middle. Dampen a ring of floral foam and insert flowers. "The blooms stay exactly where you put them," says gardening expert Suzy Bales, author of *Garden Bouquets and Beyond* (Rodale). She suggests using azaleas along with their leaves, black-eyed Susans or hydrangeas. Another way to display is to fill a watering can, wheelbarrow or even a pair of rain boots with flowers. Or float an array of them in a bird bath.

14» SWIM TEAM

Okay, so it's not the Caribbean, but a centerpiece of one or more goldfish in a favorite clear glass vase will add a bit of tropical flair to a table.

Photo (bird bath): John Reed Forsman. Illustration: Monica Hellstrom.

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15 | play time

Finally, a truly easy (and attractive) way to beam tunes wirelessly from your stereo, computer or iPod to your patio or deck. The latest in outdoor speakers are water-resistant and designed to look like rocks or lanterns, so they blend in with your landscape. **Portable wireless outdoor speaker, Acoustic Research, $100, lowes.com**

16 / in the comfort zone

Great idea for lazy days—a weatherproof storage box filled with comfy blankets and cushions near the patio for instant lawn lounging.

17 | ART SMART

Outdoor decorating can be as simple as arranging a collection of mix-and-match painted picture frames, pieces of driftwood, clocks, plates, old garden tools or other found objects on a fence or wall. Mirrors, hung or leaning, also make great garden accents. "There are no hard-and-fast rules—have fun outside the same way you would inside your house," Durie says.

18 | GET DOWN

Amp up your patio's style by arranging furniture around a mildew-resistant weatherproof rug. "I love the ones made of recycled packing materials that can be hosed down when dirty," says Grace Bonney of the website DesignSponge. Turquoise and lemon-yellow Oslo rug, from $46, fabhabitat.com

19 | FOR THE BIRDS

Energize a ho-hum yard by hanging birdhouses and feeders from trees or an arbor. "It's a good way to attract a variety of feathered friends to your garden and get the kids involved," Bonney says. Lightweight bird feeders in vibrant mix-and-match colors, popoutz.com, $3

« 20 GIVE ME SHELTER

A tent on your lawn is the ultimate summer escape, says Santa Monica designer Annette Tatum, author of *The Well Dressed Home* (Clarkson Potter). Use four bamboo poles or PVC pipes as corner supports for a drop-cloth roof, or lean five poles together tepee-style and wrap the cloth around. "Bring out blankets, pillows, a rug and tables to create a casbah mood," she says. Or order a fold-out lawn tent from **quikshade.com**, from $100. With a few chairs, it'll feel like a backyard beach cabana.

Photos: (mirror) Stephen Cridland; (bird house) Doug Plummer/Getty Images. Illustration: Monica Hellstrom.

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21 | blanket statement

"Brightly colored fabric cut to fit your table adds pizzazz to outdoor entertaining," says Whitman. Look for vintage textiles on Etsy.com and ReproDepot.com. Or find vividly patterned vinyl cloths that can be wiped clean and reused. **Home Trends vinyl tablecloth, $4, Walmart stores**

23 | SMALL PLEASURES

A little detail like a bright new umbrella or a pair of striped cabana chairs contributes to the fantasy of a vacation escape, says Tatum.
9' market umbrella, from $59, jcpenney.com

22 | GUIDING LIGHTS

Brighten the way to the hors d'oeuvres for guests arriving at dusk by lining the walkway with twinkling lights. Gather up mix-and-match jelly and Mason jars to use as simple tea light holders, or make chic luminaries out of pretty paper bags. Just anchor each bag with a bit of sand and add a tea light. Paper lunch bags, 15 cents each, stamponthis.com

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24 | SITTING PRETTY

The five-second, instant-gratification, low-cost makeover for ugly deck chairs: Simply pile on a bunch of striking, weather-resistant throw pillows. Cassie Collection owl pillow, $50, shopscadonline.com. Papaya mosaic pillow, $24, westelm.com

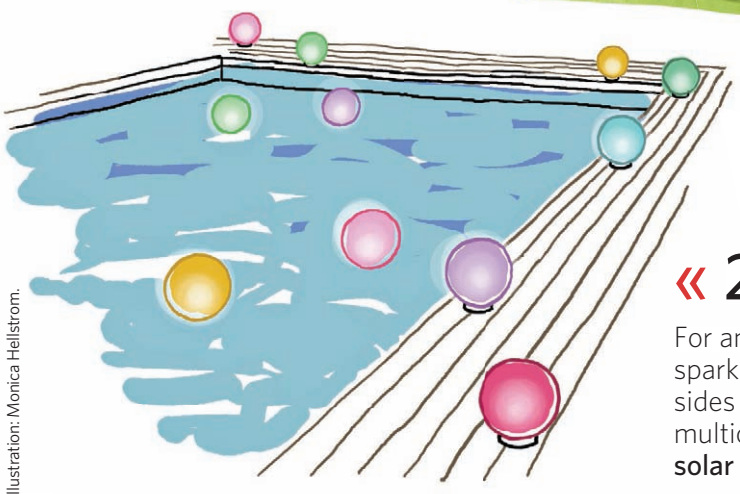

Illustration: Monica Hellstrom.

« 25 WATER ATTRACTION

For an evening party, make your backyard pool sparkle like those at hip boutique hotels. Circle the sides in a border of inexpensive lanterns or float multicolored glowing LED spheres in the water. **Magic solar glowing globe, from $29, grandinroad.com**

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family

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tween talk

You might be under the impression that your kids don't take you seriously when you give them advice. But a new study reveals that tweens want to speak with their parents about what's stressing them out. In fact, 69% of kids said these chats boosted their confidence and were "very helpful."

Source: Tween Confidence Index

Photo: Fabio Cardoso/Corbis.

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Movie Magic

Abracadabra! The latest slew of big-screeners will charm your family.

→Despicable Me Gru has been plotting for years to steal the moon in this 3-D adventure, then along come three orphans who see him as a possible dad. ***Starring the voices of Steve Carell and Julie Andrews (July 9)***

→The Sorcerer's Apprentice Disney's beloved segment from *Fantasia* is transported to present-day NYC, and Balthazar Blake and his student must defend Manhattan from Balthazar's enemy, Maxim Horvath. ***Starring Nicolas Cage and Alfred Molina (July 16)***

→Beastly In this modern spin on the classic "Beauty and the Beast," Kyle Kingson is turned into an ugly monster by his classmate. To break the spell, he must find someone who loves him as he is. ***Starring Neil Patrick Harris and Vanessa Hudgens (July 30)***

Under the Big Tent

Celebrate the 140th anniversary of Ringling Bros. and Barnum & Bailey with the beloved circus' latest edition, Illuscination. FC talks with Cassidy Herriott, 16, a pro animal trainer who performs with creatures great and small. *—Krista Meyerhoff*

At what age was your circus debut? My grandfather and mom are both animal trainers so this is a family tradition. When I was 2 my mom started bringing me along with her to small shows, and I would do little things like grooming the horses. I joined her onstage when I was 7.

What's the most rewarding thing about working in the circus? During our pre-show the audience has a chance to interact with performers. Circus-goers can try on costumes or learn to balance and juggle. After seeing the kids' excitement, I'm always pumped for the performance.

What's your favorite part of your act? Every night we present five animals—an American Quarter horse, three miniature horses and our golden retriever, Cinnamon. The cutest is when Cinnamon leads the miniature horses around the arena.

What about school—do you take classes while you're on the road? There are six kids so a teacher from a national homeschooling program travels with us. We're "in class" five or six days each week, usually for four hours in the morning. Since each student is learning different things we study independently.

UP FOR REVIEW

Learn to navigate the video game aisle with ease by discovering which titles your kids worship, at vgameu.org, a review site and blog created by the very teens that refuse to drop their Wii-mote. These students, who take Video Games: Theory and Research, a first-year seminar at Wake Forest University, evaluate the latest popular titles based on criteria like challenge, graphics and narrative; offer the parents' point of view; and assign each game a letter grade. *—K.M.*

chain of friends Hampton

Hampton Hotels and *Family Circle* want to know what makes your vacation memorable. Go to **hampton.com/friends** by September 4 to enter for the chance to win a Hampton Hotel for the weekend to fill with friends and family. And 100 first prize winners get a two-room weekend stay.

Photos: (Despicable Me) Universal Pictures and Illumination Entertainment; (The Sorcerer's Apprentice) Abbot Genser © 2009 Disney Enterprises, Inc. and Jerry Bruckheimer, Inc.; (Beastly) © 2009 CBS Films; (Herriott) © 2009 Feld Entertainment. Illustration: Gary Neill.

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JUST ADD IMAGINATION!

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– GAME INFORMER MAGAZINE, MAY 2010

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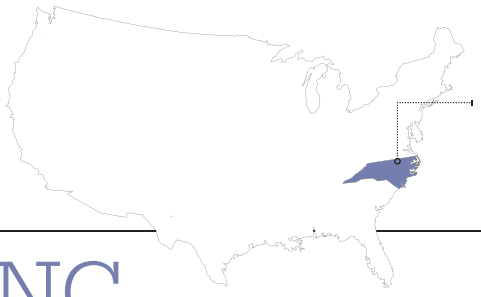


Population: 74,543
Claim to fame: Biltmore Estate—a 250-room mansion built in 1895 for George W. Vanderbilt as his family's country retreat—is the largest private residence in North America.

Asheville, NC

Natural beauty surrounds this mountainside town, but it was the artistic vibe and community spirit that lured Michelle Moog-Koussa back to her childhood home. **by Krista Meyerhoff**

Sweet home Carolina Joseph is from Senegal, and I grew up in Asheville. We met in West Africa, where we spent four years together. Two years after our son was born we decided to live in the U.S.—I knew Asheville was the only place to raise my family.

Art smart People travel from all over North Carolina to attend the weekend-long Lake Eden Arts Festival, held twice a year in May and October. There are African dancers and drummers, folk artists and a scream-worthy zipline. But the four of us are usually learning about the vibrations and sound waves behind electronic music at an interactive exhibit hosted by the Bob Moog Foundation, named after my father, who in 1964 invented the Moog synthesizer, a keyboard-style instrument.

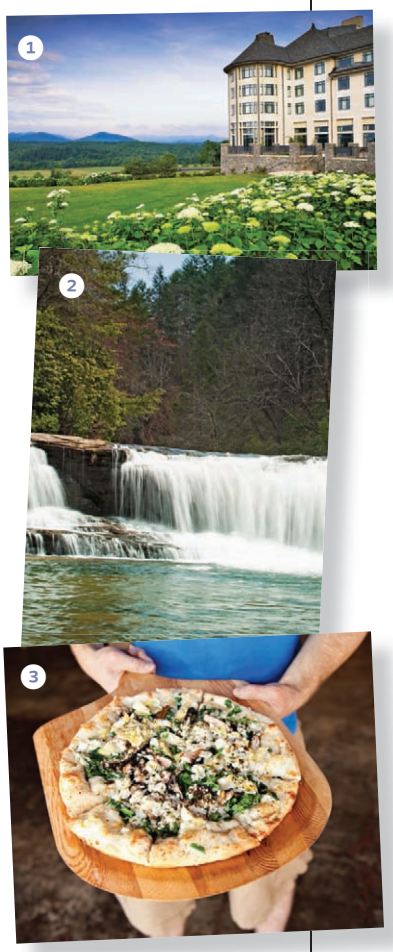
Tune in Considering my family heritage, it's no surprise that attending a concert is one of our favorite outings. When Joseph and I want to have a night out together we often head downtown to Orange Peel music club, where we can dance to everything from alternative to jazz to R&B. Gregory is learning to play the guitar, so the club's "all ages" shows give him a chance to enjoy a rock band live.

The Koussa family: Joseph; Michelle; Yasmine, 9; and Gregory, 14.

Pie high Our favorite spot for a quick bite is Asheville Pizza & Brewing Co., one of 10 microbreweries in town. While the locally made beer and gourmet pizza are the main reasons we keep going back, nightly $3 screenings of not-so-recent flicks make a trip there more special than a movie night on our couch.

Cookie cutter Asheville kicks off the holiday season every November with the National Gingerbread House Competition. Hundreds of contestants show off their masterpieces at the Grove Park Inn. The kids love to see what kinds of edible creations people come up with. Last year's grand-prize winner was a birdcage made of gingerbread and spaghetti.

Treasure trails As soon as the weather gets warm we pack up our camping gear and drive an hour to Cascade Lake—the views of the surrounding Blue Ridge Mountains are stunning. After canoeing to Hooker Falls, we gather around the fire to cook chicken. It's a beloved family tradition and a way for us to reconnect at the end of a busy school year.



1. Tour Biltmore Estate's 8,000-acre property for a spectacular view of the area.
2. Hooker Falls, of *Last of the Mohicans* fame, is known by locals as a swimming hole.
3. Asheville Pizza & Brewing Co. offers unusual toppings like jalapeños and Cajun chicken.

Think your town is unique? Let us know why we should profile it—and your family—in an upcoming issue. Send us an e-mail and family photo to hometown@familycircle.com.

Photo (Biltmore Estate): © 2008, The Biltmore Company.

photography by **Joey & Jessica Seawell**

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To learn more, join a race or organize one in your own community, visit kids.pmc.org.

NAME **Emma Sloane Zeiger** AGE **12**
CAUSE **Pan-Massachusetts Challenge Kids Ride**
HOMETOWN **Needham, Massachusetts**
FAMILY **Mom Karen; brother Max, 19**

THE RAIN KEPT POURING DOWN, but 11-year-old Emma Sloane Zeiger wouldn't stop riding her bike. Emma's mom, Karen, watched her complete lap after lap, wearing a handmade purple T-shirt that says, "I'm riding in memory of my dad, Jay Zeiger." It was the day of the PMC Kids Ride in June 2009, and Emma was determined to finish her nearly 15-mile route. As the program's biggest fundraiser in her age group, she refused to give up. Emma learned to ride a bike with her dad, and they'd cycle around their neighborhood together. For six years Jay participated in the Pan-Massachusetts Challenge (PMC), a 190-mile bike-a-thon that takes place every August and contributes millions for research and patient care at Boston's Dana-Farber Cancer Institute. Even after he was diagnosed with cancer in 1992 and undergoing treatments he still rode, raising about $100,000. When Jay passed away from melanoma in August 2007, at age 44, Emma decided to honor her dad by cycling in a PMC Kids Ride, and she's done so every year since. The Kids Rides are mini bike-a-thons for children ages 2 to 15. The races range from short obstacle courses to 26 miles. More than 30 rides are scheduled in six states this year, with about 7,000 children participating to help reach the $800,000 goal. The event isn't a competition—its focus is on raising awareness and funds. Emma has brought in more than $15,000 in her dad's name. She e-mails family and friends to tell them about PMC and her experiences, and they forward her notes to colleagues. Sponsors from all over the country help Emma every year, and thank her for giving them hope. When she is older she wants to do the adult PMC ride. "Cancer doesn't quit, and that's why I plan to continue riding," Emma says. "My dad always kept his head up high, and I learned from him to never stop trying."

Know someone who's helping to change your community?
Send details along with a photo to goodworks@familycircle.com.

photography by **Carrie Prophett**

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ask ROSALIND

SMART WAYS TO HELP YOUR TWEENS & TEENS NAVIGATE THE REAL WORLD. **BY ROSALIND WISEMAN**

Q: My 7-year-old often seems angry for no apparent reason and cries more than most boys his age when things don't go his way. We took him to a diagnostic center, and they said he was immature and seeking attention. Where do you think we should go from here?

A: Please don't compare him to most boys because it's way too easy to be caught up in our culture's expectations of how males "should" behave. Acting immature and seeking attention are two very different things. But his anger and crying are telling you to figure out what's going on underneath and help him with it. Take him to a counselor who can slow down his angry responses and help him sort out his feelings. Then your son will be better able to communicate in a calm way.

Recently my 16-year-old, Dylan, told me his best friend, John, has started smoking pot. I talked to Dylan (again) about not letting anyone pressure him into doing drugs. I want to trust him, but how can I be sure he's safe?
Give your son credit for coming to you, and don't tell him he can't hang out with John. The reality is, you can't control his movements like you did when he was 5, and he's not going to drop a boy he's so close to. Here's what you don't want: You forbid him to see John and then he's in a car accident with this kid and is afraid to call you because he defied you. So instead, say to Dylan, "Thanks for telling me. I don't want you to abandon John, but you have to have strong boundaries with him. You can't get into a car with him when he's driving high, or when he's carrying drugs—even if you're the one behind the wheel. And if you're out and he starts associating with anyone sketchy, call me and I'll come get you." [For more on talking to kids about pot, see "High Season," page 58.]

My daughter, Katie, is planning her 13th birthday party and wants to invite the girls she sat with during school lunch last year. One of them is always rude to her, but Katie claims that if she's not included, the others won't come. Is there any way around this?
The worst option is what your daughter probably would choose: Exclude the mean girl without saying anything, then just hope it doesn't all blow sky high. But that will make Katie look like the bad one—and the others will gang up on her anyway. So your daughter has to talk to this girl. She could say, "I'm not inviting you, and here are the reasons why..." Once Katie's on the record, the rest of the kids may show up, although there are no guarantees. Or Katie could say, "I'd really like to invite you to my party, but I'm worried you're going to make little inside jokes and roll your eyes at me like you do at lunch. So can you agree to be civil during the party?" Just know that there's no way to control what ends up happening, so be on-call to help Katie handle herself with dignity. And if the mean girl comes and stirs up drama, you'll have to intervene. Just don't bully the bully.

MOMster *This question is from our social networking site. Log on to* ***momster.com*** *to start a discussion or join one. Your problem or comment could be chosen to appear in a future Ask Rosalind.*

Find more solutions to parenting dilemmas like these at familycircle.com/rosalind. Rosalind Wiseman is an educator and the author of the newly revised *Queen Bees and Wannabes*. For more information, go to rosalindwiseman.com.
Do you have a specific parenting question you'd like considered for the column? E-mail askrosalind@familycircle.com.

Photos: (main) Jason Horowitz/Corbis; (Wiseman) Mary Noble Ours.

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ADVAIR helps significantly improve lung function. It contains both an anti-inflammatory* and a long-acting bronchodilator that work together to help you breathe better.† Ask your doctor if ADVAIR is right for you.

To get your first full prescription FREE and to save on refills,‡ visit ADVAIR.com or call 1-800-520-4197.

Important Safety Information about ADVAIR DISKUS 250/50 for COPD:

- ADVAIR DISKUS 250/50 is approved for adults with COPD, including chronic bronchitis, emphysema, or both. You should only take 1 inhalation of ADVAIR twice a day. Higher doses will not provide additional benefits. People with COPD taking ADVAIR may have a higher chance of pneumonia. Call your doctor if you notice any of the following symptoms: change in amount or color of sputum, fever, chills, increased cough, or increased breathing problems.
- ADVAIR may increase your risk of osteoporosis and some eye problems (cataracts or glaucoma). You should have regular eye exams. Thrush in the mouth and throat may occur. Tell your doctor if you have a heart condition or high blood pressure before taking ADVAIR. Do not use ADVAIR with long-acting beta$_2$-agonists for any reason. ADVAIR does not replace fast-acting inhalers for sudden symptoms.

*It is not known how anti-inflammatories work in COPD. †Measured by a breathing test in people taking ADVAIR 250/50, compared with people taking either fluticasone propionate 250 mcg or salmeterol 50 mcg. Your results may vary. ‡Restrictions apply. See advairCOPD.com for eligibility rules.

Please see accompanying important information about ADVAIR DISKUS.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

If you smoke and want to quit, you can learn more at way2quit.com.

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GSK for you If you don't have prescription coverage and can't afford your medicines, visit GSKforYou.com or call 1-866-GSK-FOR-U (1-866-475-3678)

ADVAIR DISKUS® 250/50
(fluticasone propionate 250 mcg and salmeterol 50 mcg inhalation powder)

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ADVAIR DISKUS® 100/50, 250/50, 500/50

(fluticasone propionate 100, 250, 500 mcg and salmeterol 50 mcg inhalation powder)

Important Safety Information About ADVAIR DISKUS

This brief summary does not take the place of talking to your healthcare provider about your medical condition or treatment.

What is the most important information I should know about ADVAIR DISKUS?

- **In patients with asthma, long-acting beta$_2$-agonist (LABA) medicines, such as salmeterol (one of the medicines in ADVAIR DISKUS), may increase the chance of death from asthma problems.** In a large asthma study, more patients who used salmeterol died from asthma problems compared with patients who did not use salmeterol. It is not known whether fluticasone propionate, the other medicine in ADVAIR DISKUS, changes your chance of death from asthma problems seen with salmeterol. Talk with your healthcare provider about this risk and the benefits of treating your asthma with ADVAIR DISKUS.
- **ADVAIR DISKUS does not relieve sudden symptoms. Always have a fast-acting inhaler (short-acting beta$_2$-agonist medicine) with you to treat sudden symptoms. If you do not have a fast-acting inhaler, contact your healthcare provider to have one prescribed for you.**
- **Do not stop using ADVAIR DISKUS unless told to do so by your healthcare provider because your symptoms might get worse.**
- **ADVAIR DISKUS should be used only if your healthcare provider decides that another asthma-controller medicine alone does not control your asthma or that you need 2 asthma-controller medicines.**
- **Call your healthcare provider if breathing problems worsen over time while using ADVAIR DISKUS. You may need different treatment.**
- **Get emergency medical care if:**
  - **breathing problems worsen quickly, and**
  - **you use your fast-acting inhaler, but it does not relieve your breathing problems.**

What is ADVAIR DISKUS?

- **ADVAIR DISKUS contains 2 medicines:**
  - **fluticasone propionate (the same medicine found in FLOVENT®),** an inhaled corticosteroid medicine. Inhaled corticosteroids help to decrease inflammation in the lungs. Inflammation in the lungs can lead to asthma symptoms.
  - **salmeterol (the same medicine found in SEREVENT®),** a LABA. LABA medicines are used in patients with asthma or chronic obstructive pulmonary disease (COPD). LABA medicines help the muscles around the airways in your lungs stay relaxed to prevent symptoms, such as wheezing and shortness of breath. These symptoms can happen when the muscles around the airways tighten. This makes it hard to breathe. In severe cases, wheezing can stop your breathing and cause death if not treated right away.

Asthma

ADVAIR DISKUS is used long term, twice a day, to control symptoms of asthma and to prevent symptoms such as wheezing in adults and children ages 4 and older.

Chronic Obstructive Pulmonary Disease (COPD)

COPD is a chronic lung disease that includes chronic bronchitis, emphysema, or both. ADVAIR DISKUS 250/50 is used long term, twice a day, to help improve lung function for better breathing in adults with COPD. ADVAIR DISKUS 250/50 has been shown to decrease the number of flare-ups and worsening of COPD symptoms (exacerbations).

Who should not use ADVAIR DISKUS?

Do not use ADVAIR DISKUS:

- to treat sudden, severe symptoms of asthma or COPD
- if you have a severe allergy to milk proteins. Ask your doctor if you are not sure.

What should I tell my healthcare provider before using ADVAIR DISKUS?

Tell your healthcare provider about all of your health conditions, including if you:

- **have heart problems**
- **have high blood pressure**
- **have seizures**
- **have thyroid problems**
- **have diabetes**
- **have liver problems**
- **have osteoporosis**
- **have an immune system problem**
- **are pregnant or planning to become pregnant.** It is not known if ADVAIR DISKUS may harm your unborn baby
- **are breastfeeding.** It is not known if ADVAIR DISKUS passes into your milk and if it can harm your baby
- **are allergic to any of the ingredients in ADVAIR DISKUS, any other medicines, or food products**
- **are exposed to chickenpox or measles**

Tell your healthcare provider about all the medicines you take, including prescription and nonprescription medicines, vitamins, and herbal supplements. ADVAIR DISKUS and certain other medicines may interact with each other. This may cause serious side effects. Especially, tell your healthcare provider if you take ritonavir. The anti-HIV medicines Norvir® (ritonavir capsules) Soft Gelatin, Norvir® (ritonavir oral solution), and Kaletra® (lopinavir/ritonavir) Tablets contain ritonavir.

Know the medicines you take. Keep a list and show it to your healthcare provider and pharmacist each time you get a new medicine.

How do I use ADVAIR DISKUS?

Do not use ADVAIR DISKUS unless your healthcare provider has taught you and you understand everything. Ask your healthcare provider or pharmacist if you have any questions.

- Children should use ADVAIR DISKUS with an adult's help, as instructed by the child's healthcare provider.
- Use ADVAIR DISKUS exactly as prescribed. **Do not use ADVAIR DISKUS more often than prescribed.** ADVAIR DISKUS comes in 3 strengths. Your healthcare provider will prescribe the one that is best for your condition.
- The usual dosage of ADVAIR DISKUS is 1 inhalation twice a day (morning and evening). The 2 doses should be about 12 hours apart. Rinse your mouth with water after using ADVAIR DISKUS.
- If you take more ADVAIR DISKUS than your doctor has prescribed, get medical help right away if you have any unusual symptoms, such as worsening shortness of breath, chest pain, increased heart rate, or shakiness.
- If you miss a dose of ADVAIR DISKUS, just skip that dose. Take your next dose at your usual time. Do not take 2 doses at one time.
- Do not use a spacer device with ADVAIR DISKUS.
- Do not breathe into ADVAIR DISKUS.
- **While you are using ADVAIR DISKUS twice a day, do not use other medicines that contain a LABA for any reason. Ask your healthcare provider or pharmacist if any of your other medicines are LABA medicines.**
- Do not change or stop any of your medicines used to control or treat your breathing problems. Your healthcare provider will adjust your medicines as needed.
- Make sure you always have a fast-acting inhaler with you. Use your fast-acting inhaler if you have breathing problems between doses of ADVAIR DISKUS.

Call your healthcare provider or get medical care right away if:

- your breathing problems worsen with ADVAIR DISKUS
- you need to use your fast-acting inhaler more often than usual
- your fast-acting inhaler does not work as well for you at relieving symptoms
- you need to use 4 or more inhalations of your fast-acting inhaler for 2 or more days in a row
- you use 1 whole canister of your fast-acting inhaler in 8 weeks' time
- your peak flow meter results decrease. Your healthcare provider will tell you the numbers that are right for you.
- you have asthma and your symptoms do not improve after using ADVAIR DISKUS regularly for 1 week

What are the possible side effects with ADVAIR DISKUS?

- See *"What is the most important information I should know about ADVAIR DISKUS?"*
- Patients with COPD have a higher chance of getting pneumonia. ADVAIR DISKUS may increase the chance of getting pneumonia. **Call your healthcare provider if you notice any of the following symptoms:**
  - increase in mucus (sputum) production
  - change in mucus color
  - increased breathing problems
  - fever
  - increased cough
  - chills
- **serious allergic reactions.** Call your healthcare provider or get emergency medical care if you get any of the following symptoms of a serious allergic reaction, including:
  - rash
  - swelling of the face, mouth, and tongue
  - hives
  - breathing problems
- **increased blood pressure**
- **chest pain**
- **a fast and irregular heartbeat**
- **headache**
- **tremor**
- **nervousness**
- **weakened immune system and a higher chance of infections**
- **lower bone mineral density.** This may be a problem for people who already have a higher chance of low bone density (osteoporosis).
- **eye problems including glaucoma and cataracts.** You should have regular eye exams while using ADVAIR DISKUS.
- **slowed growth in children.** A child's growth should be checked often.

Other common side effects include:

- hoarseness and voice changes
- throat irritation
- thrush in the mouth and throat
- respiratory tract infections

Tell your healthcare provider about any side effect that bothers you or that does not go away.

These are not all the side effects with ADVAIR DISKUS. Ask your healthcare provider or pharmacist for more information.

Call your doctor for medical advice about side effects. You may report side effects to the FDA at 1-800-FDA-1088.

Ask your healthcare provider or pharmacist for additional information about ADVAIR DISKUS. You can also contact the company that makes ADVAIR DISKUS (toll free) at 1-888-825-5249 or at www.advair.com.

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GlaxoSmithKline
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ADD:6PI April 2009

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AD5253R0 January 2010

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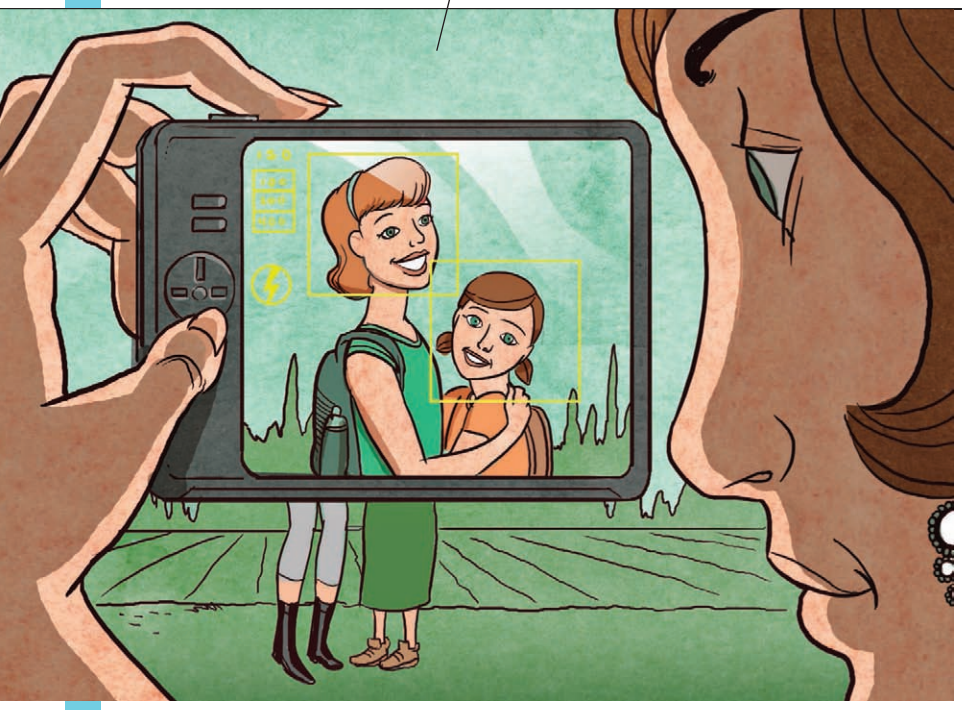

CANDID CAMERA

Getting great photos of my kids when they were little was a breeze—I mean, really, there's no such thing as a bad baby picture. But as they grew (and took to bickering like an old married couple), my skills had to evolve.

For one thing, I had to stop insisting on smiles—which forced me to learn to use my camera to tell a story. One time I just kept firing while Cole and Ava were fighting and ended up with a terrific shot that hangs on the wall and makes everyone laugh. Even they crack up at the passionate looks on their faces, caught in a quintessential sibling moment. It's funny because of how it spotlights the fine line between love and hate that they walk every day.

Another essential move I made was to focus on, well, focus. Sometimes it's simply a matter of taking a few steps closer to the subject, using the zoom lens to go in supertight or turning the camera sideways to isolate something on the vertical. Moving back a ways can also result in a completely different—and surprising—point of view.

Getting these sorts of more artistic effects means venturing beyond the "auto" setting, which lets the camera make all the decisions about what's important in your viewfinder. But how can it know I want to home in on the look on my daughter's face while letting the trees behind her, her shirt and even her brother blur next to the heat of her fury? I spin the setting dial to "portrait" so the camera shortens its depth of field and gives priority to her facial features.

There are lots of other ways to get creative with camera presets. Maybe I want to fill the image with the rose she's holding, letting her hand act as a frame. For that, I would choose the "macro" setting (often illustrated with a flower). If she's running, "sports" mode (illustrated with a running stick figure) will freeze-frame her mid-stride. Most of the camera presets are depicted with a picture of the scenario they are best at capturing. Go ahead and experiment. Don't like the results? Hit delete and try again. ●

PHOTOS 2.0

When it comes to photography, there's always something new to learn. I troll these sites for inspiration and advice:

» Digital-photography-school.com This is not a school in the classroom-with-a-teacher sense—it's a community of photo enthusiasts offering tips and tricks to beginners. There's a ton of solid information and zero assumption that you already know aperture from f-stop. Look here for details on how to maximize the presets on your camera.

» Kodak.com Hit the Tips and Projects section and you'll soon be obsessed with composing shots, finding just-right light, taking portraits, arranging group shots and much more. And the site is full of stunning examples of what even a basic camera can do.

» Refusetosaycheese.com The Web home of pro shutterbug Me Ra Koh offers a fantastic series of two DVDs (or downloads) for $50 that teaches the art of photography with humor and very little camera-speak. She shares ideas and photos at her blog Merakoh.com.

77% **of U.S. households own at least one digital camera.**
Source: Consumer Electronics Association

Photo (Wood): Charles Harris.

illustration by **Koren Shadmi**

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ORIGINAL HP INKS *give* YOU UP TO

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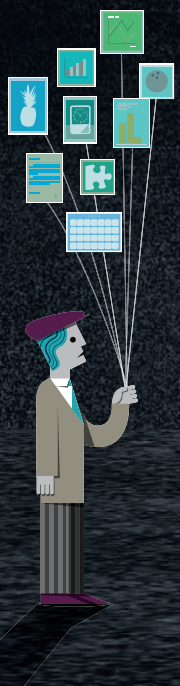

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After years of decline, marijuana use among kids is on the rise. They're also lighting up younger, and fewer believe there's a serious downside. If you're not already talking to your children about pot, it's time to start. BY MICHAEL WINERIP

SEASON

Marty Williams, an internist in Danbury, Connecticut, had always been close with his son Greg. He was a coach for the boy's baseball and basketball teams, and loved skiing with Greg on family trips. So Marty wasn't alarmed when he found a marijuana pipe the 16-year-old had hidden in an old stove in the basement, even though his wife, Michelene, also a doctor, was quite upset. "I thought she was overreacting," he says. "After all, kids experiment." But Greg was way past experimenting. He had started smoking pot when he was only 13—and got hooked before he knew it. "I'd wake up every morning wondering how I was going to get high," he says. "I'd smoke in the woods after school and at parties on weekends. I didn't have that shut-off switch. I would use up everything until it was gone."

By the time Marty and Michelene found the pipe, Greg was abusing not only pot but also alcohol and prescription meds. Sensing a growing problem, his parents took away the car keys at one point and banned friends from the house after things started disappearing. Greg agreed to outpatient drug counseling, but he only grew more distant and defiant, paying lip service to therapy while still getting stoned behind their backs. The summer after graduating, Greg landed in the emergency room when he wrapped his car around a tree in a drug-induced haze. For Marty, it was a terrifying and humbling moment. "Greg was all bloody, but still so angry and difficult. He was like a monster," says Marty. "Looking back, I wished I had intervened sooner. But my daughter, Natalie, who's older than Greg, had smoked pot and never had a problem."

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The Williamses' nightmare is a cautionary tale for all parents unsure of how to talk to their kids about marijuana, where to draw the line and what to do if they cross it. I have four children, ages 15 to 22, and it's something I've worried about since their early high school years. Whether we like it or not, there's an excellent chance today's teens will toke up. After more than a decade of decline, pot smoking among adolescents is growing once again. According to the University of Michigan's annual survey of 50,000 middle and high school students, 16% of 8th-graders have smoked marijuana, 32% of 10th-graders, and 42% of 12th-graders.

What's behind the increase? "There's been a rapid erosion of anti-marijuana attitudes in our society," says Tom Hedrick, a founding member of Partnership for a Drug-Free America (PDFA). "A lot of what kids hear today is not to worry." Fourteen states have legalized medical marijuana, and this fall Californians will vote on whether to do the same for recreational use. From movies like *Hot Tub Time Machine* to TV's *Weeds* to Michael Phelps' marijuana moment, there's a constant message being sent to teens: Everybody must get stoned, and it's all right. No wonder survey results show that only 44% of 8th-graders perceive pot as posing a "great risk" to their health, down from more than 50% in 2004. "This is the perfect storm that could lead to a tremendous explosion in marijuana use," says Hedrick. "Parents have reason to be concerned." All this, plus the fact that pot is nearly three times more potent than the herb I inhaled decades ago.

While I never smoked or drank in high school—and that's the standard I unsuccessfully tried to hold my children to—the twentysomething me did use marijuana in college, and I'm here to tell you I never fell victim to reefer madness. I've spent most of my energy trying to steer my kids away from alcohol, which was their drug of choice in high school, and which I consider a bigger threat. At the same time, the fiftysomething me shudders when I hear stories in my little suburb of teens like Greg for whom pot was a gateway to self-destruction.

In states that have legalized medical marijuana, pot is sold in dispensaries just like any other pharmaceutical. It's no surprise that a growing number of teens don't see it as posing a serious risk to their health.

My children aren't totally out of the woods yet, but I hope I've done some things right teaching them the importance of moderation in all things—including partying. Most experts agree that whatever your personal feelings about weed, parents need to know the facts and get past the hype and hysteria. Keep talking to your kids, and keep an eye out for warning signs. Even if they do light up, you'll increase the odds that pot won't be a serious problem for them, but merely a rite of passage.

FEAR FACTOR One reason many people have such a hard time discussing marijuana with their kids is that the case against it—at least compared with other drugs—isn't so clear cut. Pot is the least addictive of substances most often abused by teens, considerably less so than alcohol, cocaine or heroin. Even parents who strongly disapprove of weed may put up with it because the effects on their kids are fairly benign. "Marijuana calms most people down and puts them to sleep," says Ken C. Winters, professor at the University of Minnesota Center for Adolescent Substance Abuse Research. "Alcohol makes people more violent and aggressive, and creates far more havoc."

On the other hand, pot can be extremely habit-forming, even among so-called casual users, according to Liz Jorgensen, a substance abuse therapist in Ridgefield, Connecticut. "In my decades of practice, I've found that very few kids will drink every day, but there's a considerable minority who will smoke every day," she says. And while it's a myth that marijuana users inevitably progress to hard drugs, studies have shown that very few teens develop serious drug habits without trying pot—and alcohol—first.

So how worried should parents be when they stumble across a pipe or other paraphernalia—or, like my wife and I, see a butane lighter fall out of their son's pocket? (Note: We knew he didn't smoke tobacco.) If there's a history of addiction, depression or bipolar disorder in your extended family, you need to worry. Research has linked dependence on pot to genetic factors. If your child is hyperactive, anxious or a compulsive risk-taker, you

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FROM MOVIES LIKE *HOT TUB TIME MACHINE* TO TV'S *WEEDS* TO MICHAEL PHELPS' MARIJUANA MOMENT, THERE'S A CONSTANT MESSAGE BEING SENT TO TEENS: EVERYBODY MUST GET STONED, AND IT'S ALL RIGHT.

need to worry. Drugs are often a way for troubled teens to self-medicate. In a landmark California study of 100 kids who were tracked from ages 3 to 18, those who became the heaviest pot users had suffered from behavioral problems for years. Even in early elementary school, they coped poorly with stress, had low self-esteem, made few friends and were often ostracized by classmates. In other words, dysfunction led to drug abuse, not the other way around.

Greg Williams was a case in point. He was diagnosed with hyperactivity as a toddler. His parents believed he'd outgrown it; after all, Greg did well enough in school and his instructors never complained. But inside, he says, "I was crippled with fear. I felt separate and disconnected from everyone else. I don't know why—there was no big trauma in my life. But there was always this spinning in my head, and pot was the only thing that stopped it. I liked what it did to me. It numbed the pain."

AGE MATTERS If there's one ironclad rule for parents when it comes to pot, it's this: Do everything you can to postpone that crucial moment when your kid takes his first hit. Research shows that the earlier children start smoking marijuana, the greater the likelihood of addiction down the line. "Over half of adult addicts had used pot by 15," says Hedrick. "That's why parents need to keep your children away from it for as long as possible."

The fact that more kids are starting younger is particularly worrisome when you consider the stuff they're inhaling. Potency has hit an all-time high: The average concentration of THC, marijuana's main psychoactive ingredient, is now more than 10%, compared with less than 4% in 1983, and experts believe the numbers will likely rise over the next several years. At the University of Mississippi Potency Monitoring Project, where thousands of samples of seized marijuana are tested annually, THC levels have already exceeded 30%.

There's also growing evidence of a toll on the adolescent brain. Yale researcher Alecia Schweinsburg, Ph.D., has done the first scans comparing the brain function of two groups of 16- to 18-year-olds—those who have abstained from pot and heavy users (kids who smoke at least every other day) who stopped for one month. While both groups performed similarly on memory tests, scans show that chronic smokers had to utilize far more areas of the brain to get the same results. Schweinsburg intends to follow up when the subjects reach 20, and the prognosis doesn't look good. Similar studies on alcohol that have already been completed show that by the time they turned 20, heavy drinkers were unable to retrieve as many memories as they could just two years earlier.

Sandra Carcamo, a member of PDFA's parent advisory committee who lives in Davidsonville, Maryland, knows the research well. Tenacious about keeping her children away from pot, Sandra's method has been to get in their faces early and often. When her oldest daughter skipped classes in 10th grade, Sandra personally introduced her to the school police officer so he'd have a better shot at catching her the next time. Sandra warned her daughter that if it happened again, she'd take vacation time and spend a week following her to each and every class. And for good measure, she insisted on meeting the girl's friends whenever she went out with them, making the girls come into the house, interviewing them and taking down their cell phone numbers. "I met with resistance, but I told my daughter she had to play by the rules or stay home," says Sandra. "So far, we've had no problems."

MOMster
Want to hear from other moms about teens and marijuana? Go to momster.com/fc/smokingpot

SCARY SPICE

It's every parent's fear—a way to get stoned that doesn't show up on drug tests and is legal to boot. Synthetic marijuana, also known as K2 or Spice, is made in Asia and marketed here as "herbal incense," but it's really a plant substance spiked with chemicals that induce a weed-like high. After a rash of ER cases—many of them teens—with heart palpitations and respiratory problems, Kansas banned the product in March, and at least seven other states are considering following suit.

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Jorgensen recommends that parents stop and listen to their tweens' and teens' music and use that as a starting point for discussion. "This hip-hop they love is a lot about ganja and weed and running from the cops," she says, adding that it's a parent's job to counteract those messages. Not long ago I walked into the kitchen and found my 15-year-old doing her AP history homework while humming along to a tune on the radio, "Smoke Two Joints" by Sublime. ("I smoke two joints in the morning/I smoke two joints at night/I smoke two joints in the afternoon/It makes me feel all right.") She's a very good kid, and unlike her three older brothers, she's had no pot or alcohol issues. But I still felt I had to say something. I asked her if she knew that Sublime's front man had died of a heroin overdose. "I know, Dad," she said, rolling her eyes. Discussion over, but point made.

NOW IS THE SEASON TO MONITOR YOUR TEENS CLOSELY. MARIJUANA USE AMONG TEENS IS HIGHEST DURING SUMMER, AND JUNE AND JULY ARE THE MONTHS WHEN MANY KIDS TRY POT FOR THE FIRST TIME.

Source: Substance Abuse & Mental Health Services Administration

TALK. LISTEN. REPEAT AS NEEDED.

Trying to teach moderation to my kids has been the toughest challenge I've faced as a parent. If I'd had my way with the boys, there would have been absolutely no pot while they were in high school. I didn't start until college and smoked my last joint well before they were born. I have, as the experts say, modeled the right behavior, and while I'm confident it's the best defense in the long run, I've certainly had my moments of doubt. Though they're good students, awesome athletes and hard workers with part-time and summer jobs, my guys love to party. Too much teen testosterone. Whenever my wife and I found evidence they'd broken the rules, we'd confront, lecture, lay down the law. "We get it, Dad. We're sorry. Honest." Then it would happen again and the cycle repeated, an endless war of attrition. And even though they're legally adults, I know I can still turn up the heat if necessary—maybe take away the car or refuse to pay auto insurance, lock up the savings account or balk at the tuition bill for the next semester of college. "They may seem like harsh measures," says Jorgensen. "But the real message to your kids is, 'I love you so much.'"

I believe my children are getting the message, despite that telltale lighter. For me the most crucial finding in the California survey was that the healthiest teens weren't those who had never smoked pot. Abstainers were found to have almost as many problems as serious abusers, and were described as "anxious," "emotionally constricted" and "lacking in social skills." The happiest and least stressed group were those the researchers called "experimenters," teens who'd smoked pot anywhere from a few times to as often as once a month.

But how to tell whether your kid is an experimenter or a hard case? The Web is full of sites describing the symptoms of chronic abuse. The PDFA, for example, lists 63 of them. Some parents find such lists helpful; to me, they're often so long and generalized they could describe almost any teen (the 16th item on the PDFA list is "loud, obnoxious behavior," the 21st is "silent, non-communicative behavior"). While all three of my party-hearty sons worried me, one worried me more, and I worked harder with him, talking, punishing, grounding, getting him into counseling. For months I'd wake up at 4 A.M., fearing the worst. And then he found something he loved, something that gave him purpose, and all the mess we'd been mired in receded, almost overnight. Suddenly, he was too busy acting on his dream to waste time on nonsense.

The same thing happened to Greg Williams, although he needed a rehab program to clean up and start over. The day after he totaled the car in July 2001, Marty and Michelene got him into an inpatient hospital for substance abuse before sending him to the Caron Foundation, a drug and alcohol treatment center in Wernersville, Pennsylvania. "Of course I didn't want to go," he recalls. "But what changed my mind was when Natalie turned to me and said, 'Greg, I'd rather you go to jail than come back home, because at least that way I'd know you were safe.'"

After a monthlong stay, he went on to attend Quinnipiac University—where he graduated with a 3.75 grade point average—and started living life in full. "I used to say there was all this stuff I was going to do, like snowboarding, bungee jumping or going to Europe, which never happened because I was too stoned to get up off the couch," he says. "Now I've done it all, and more." At 26, Greg's found his calling as co-director of Connecticut Turning to Youth and Families, a statewide treatment and prevention service that matches households with troubled children to those who, like the Williamses, have survived the nightmare of pot addiction. "I'm grateful beyond words for what my family and friends did to help me when I was finally ready to listen," he says. "I owe everything to them." ●

FamilyCircle.com
To read more about Greg Williams, go to familycircle.com/potaddiction

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Emmy Award-winning actress Alison Sweeney, host of NBC's "The Biggest Loser" and star of "Days of Our Lives," says learning to care for and love an animal is an important part of childhood. Pet lifestyle expert Wendy Diamond shares some easy tips on how Alison and her two kids can get even more enjoyment out of their pets, Winky and Jorge.

DOG PARK DAYS: A trip to the dog park is the best activity for young children and pets. Taking turns walking and playing fetch with your dog teaches responsibility and promotes activity.

OUTSIDE EATERIES: Pets, outdoor seating and warm weather are the recipe for an excellent dining experience with the whole family. Just call ahead to make sure pets are allowed.

PROMOTE RESCUE: Donate time, supplies, or just pay a visit to your local animal shelter with your kids to help educate them on animal welfare.

RUB A DUB DUB: Bath time is a fun (and sometimes messy) family activity. Teaching your kids how to bathe your pet promotes cleanliness.

VISIT TO THE VET: Bring the kids along to your pet's next vet trip. They will learn about pet health, meet other pets in the waiting room and may be inspired to be the next great vet.

MEET WENDY

Pet lifestyle expert, TV personality and animal rescue advocate Wendy Diamond is editorial director and chief pet officer of Animal Fair, a lifestyle media company for animal lovers and pet parents. She is the author of *It's a Dog's World – A Savvy Guide to Four Legged Living.*

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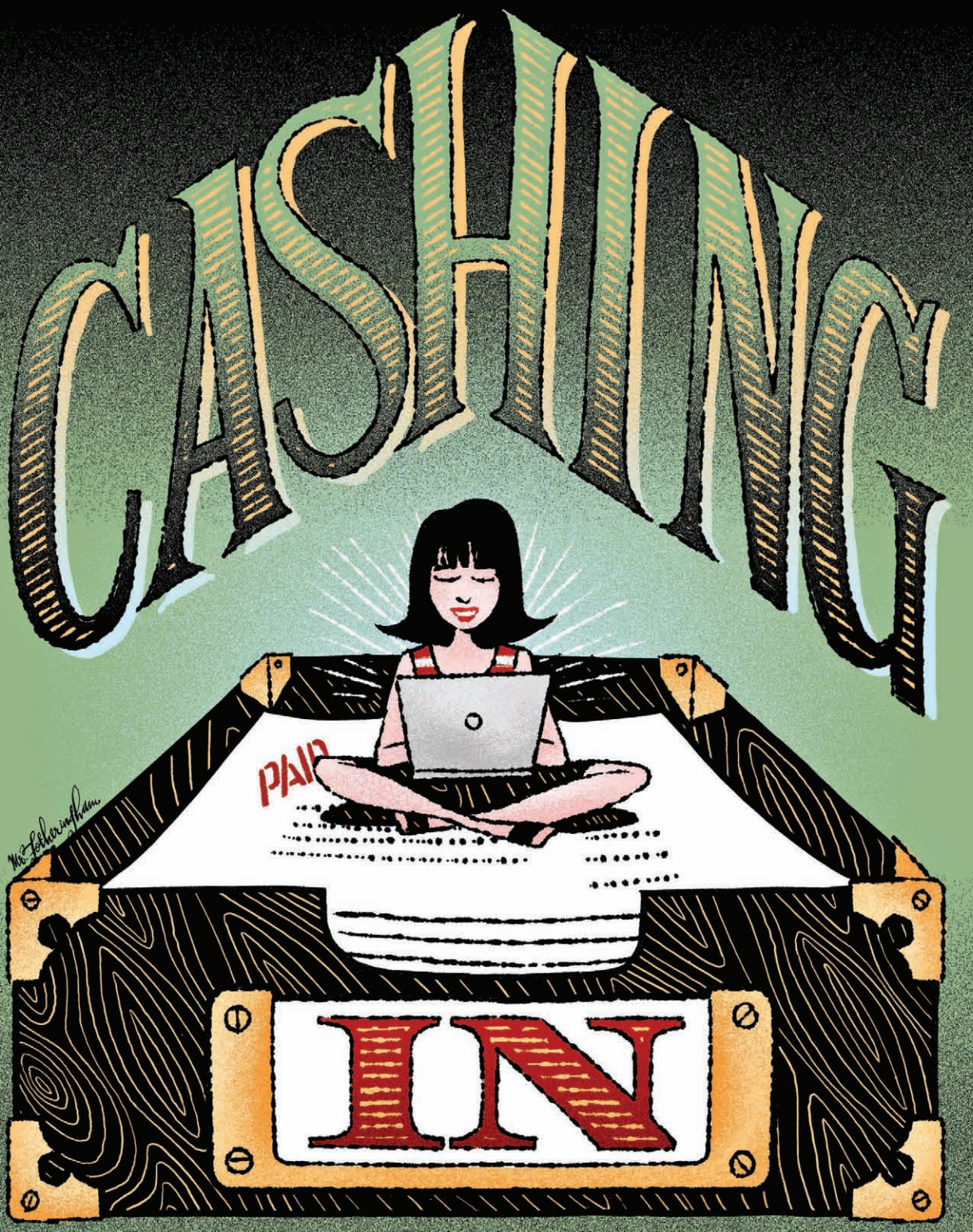

BY CHRISTINA TYNAN-WOOD

Like it or not, I spend most days at my computer—writing, updating my blog (geekgirlfriends.com), scanning my kids' schools' websites, paying bills, and, oh, okay, checking Facebook. So when I was assigned to road-test financial advice from the Internet, I was more than willing. Subscribing to the feeds for a bunch of popular money management blogs soon yielded an inbox overflowing with strategies for paying down debt, negotiating lower prices and much more. There's really only one word to describe the impact on my bottom line: cha-ching.

illustrations by **Edwin Fotheringham**

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- Kidney problems.
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- A condition called myasthenia gravis.
- If you are pregnant or trying to become pregnant. It is not known if TOVIAZ can harm your unborn baby.
- If you are breastfeeding. It is not known if TOVIAZ passes into your breast milk or if it can harm your baby.

Before starting on TOVIAZ, tell your doctor about all the medicines you take, including prescription and nonprescription medicines, vitamins and herbal products. TOVIAZ may affect the way other medicines work, and other medicines may affect how TOVIAZ works. Especially tell your doctor if you are taking antibiotics or antifungal medicines.

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The most common side effects are:

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Let It Snow!

J.D. Roth at **Get Rich Slowly** (getrichslowly.org) dug himself out from under a mountain of debt and now has cash in the bank. Sounds good to me! He did it by bucking conventional wisdom, which is to pay off the biggest debt with the highest interest rate first. This does minimize the interest you pay over the long term but offers very little motivation to stick with the program, because it's easy to feel like you're not getting anywhere and give up. Instead, Roth did what's called a "debt snowball," paying the minimum on every bill except the one with the lowest balance, which he quickly knocked out in full. Then he did the same thing again, eliminating another balance, and so on. I jumped on the bandwagon, paying off a small retail credit card lickety-split, which made me think I was succeeding. I added that monthly sum to the minimum payment on my next-smallest debt. Each time I hit another zero balance, the amount I can throw at the next debt in line gets bigger. As my snowball keeps growing, even large debts are dwindling—much to my delight.

» **COMPUTE THE REAL COST** According to the Bargain Babe (bargainbabe.com), if you're a minimum-amount-due type of payer, you end up shelling out 68% more for an item when you buy it with a credit card. This means that those 50%-off shoes are no bargain if you can't pay with cash. Since I loathe paying retail, I find that mentally adding 70% to the purchase price of something about to go on plastic is surprisingly effective at holding the line on my spending.

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» **WRITE ON!** When I click to open the National Spending Journal blog (blog.shoeboxed.com), these words greet me: "Often, consumers aren't aware of the underlying psychology that drives them to buy. Does the product trigger a nostalgic memory? Will it help you forget the bad day you just had?" Yes! That's me! This sort of pleasure-purchasing often happens to me at Target—I mean to grab shampoo and end up enthralled with a cappuccino machine. I know the drill—the best way to break the spell in a situation like that is to just walk away. For me, that's difficult. The next suggestion is to jot the must-have item on a list, which I tell myself I can bring shopping next time. But usually, said list looks silly when I get home and ends up in the garbage.

Drive a Hard Bargain

At **I Will Teach You to Be Rich** (iwillteachyoutoberich.com), author Ramit Sethi offers no-holds-barred advice about negotiating, offering scripts for talking to everyone from your cable provider to your credit card issuers. I turned to him before I bought my Honda Fit. Even though I already considered myself a worthy adversary for any car dealer, I did learn from this master. As Sethi suggested, I began the process by going online and asking every dealership within 100 miles to e-mail me its best offer. A place an hour away offered me a lower price than one nearby, but not enough to make me want to road-trip. Off I went to my local dealer, just minutes away. Sure enough, he matched the price, which was lower than I would have dared suggest had I been a walk-in customer. The salesman tried to convince me to spend what I'd saved on a pricey maintenance package. I laughed. "It's my money," I said. "I'll keep it."

» ***MANGIA!*** As a big fan of eating out, I took note when Wise Bread (wisebread.com) suggested, "Bring your own wine." Obviously this depends on whether the restaurant allows it, so my husband and I go one better—we pair takeout from a place we like with our own bottle of red or white, and dine somewhere romantic, like in a park or next to the fire pit in our yard. Another trick we use pretty often is to hit Restaurant.com to buy gift certificates at a discount. I recently nabbed a $25 gift certificate for $10. We ate and drank in style for the cost of fast food.

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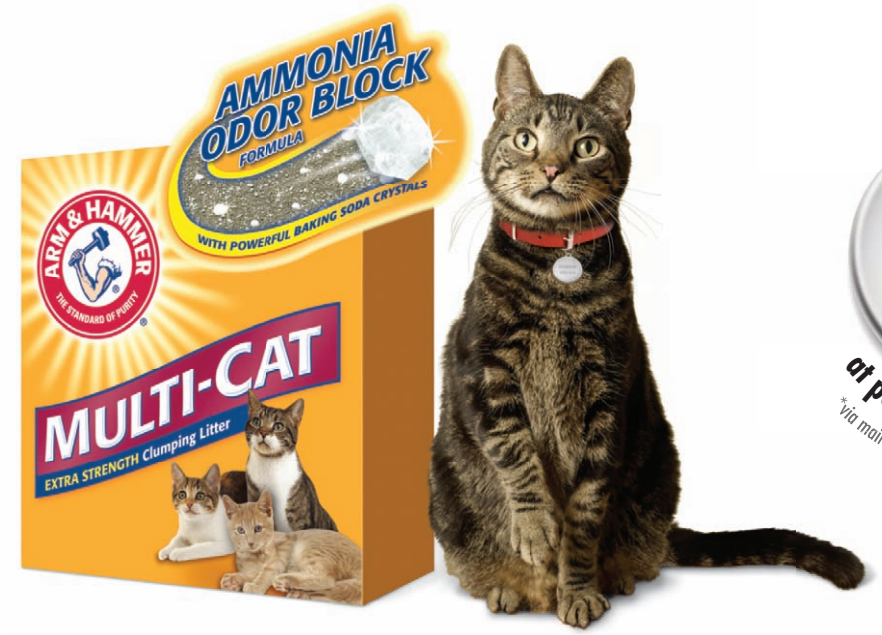

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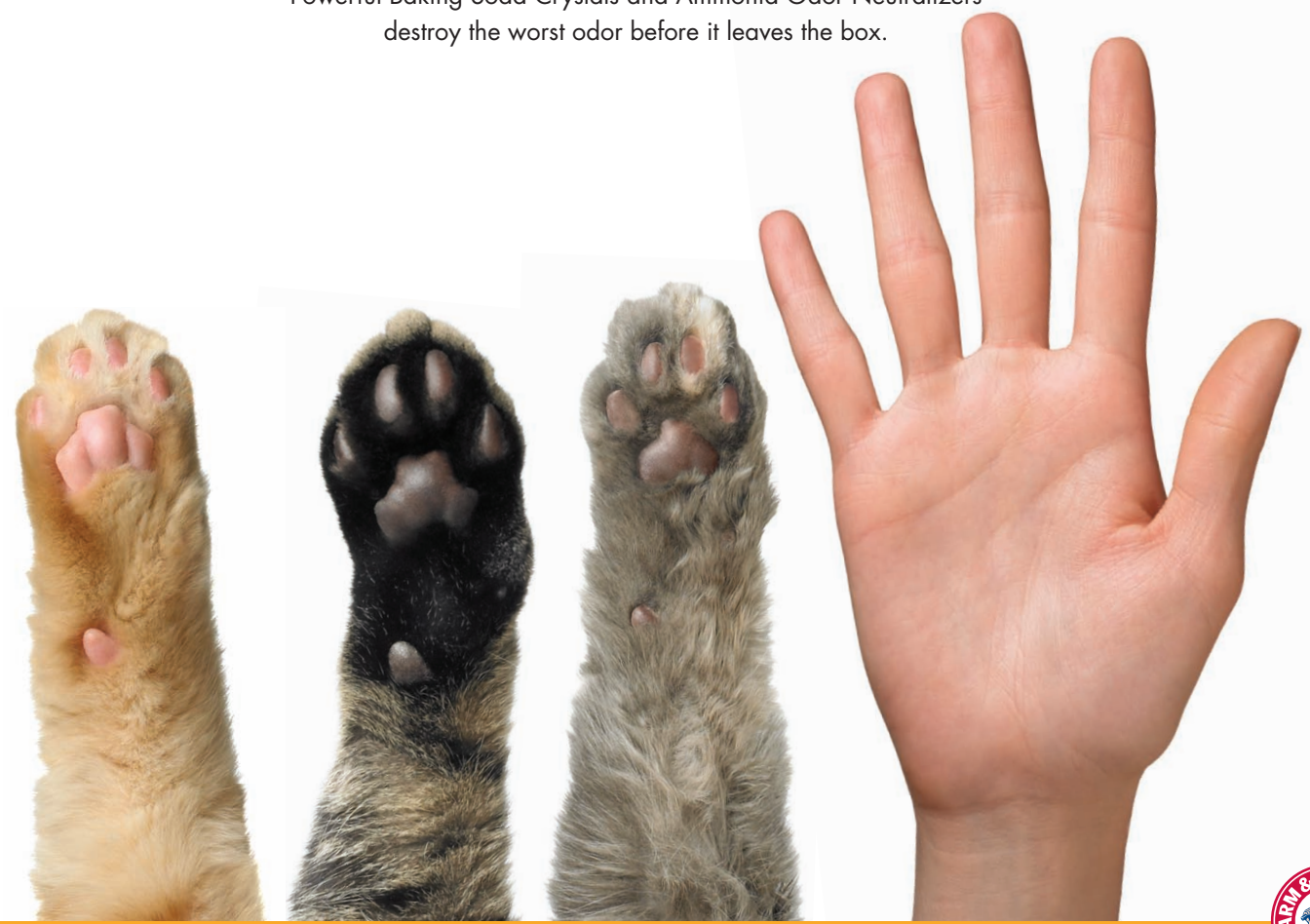

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MOMster

Women like you are trading budget advice and sharing money-saving ideas at momster.com/group/momswhosave

» **LOG SPENDING** "Track your spending for three months," insists J. Money at Budgetsaresexy.com. True, this is the only way I can learn exactly where our money goes. What a huge eye-opener—so much so that instead of stopping at three months, I do this daily. I pay for everything with a credit or debit card and use Mint.com to trace every penny. The free program connects to all of my accounts, applies transactions as they happen to specific categories, like gas, groceries and shopping, and compares my spending with the budgets I've set up. If I go over my allotment, I get a text message or e-mail (as does my husband) immediately, often before I'm even out of the store. (Yikes.)

REAL ESTATE SECRETS

If you pay a mortgage monthly or might list your home, keep this advice front-of-mind:

» The Mortgage and Credit Diva (mortgageandcreditdiva.blogspot.com) says you can negotiate the commission you pay your real estate sales agent. "*Consumer Reports* conducted a survey recently of sellers," she says. "Only 46% tried to negotiate the fee with their real estate agents, but 71% of those who did were successful. You won't know if you don't try." I absolutely plan to do this if we sell our house. What do I have to lose—the respect of my real estate agent? Highly unlikely I had that anyhow.

» Fivecentnickel.com helped me feel better about the $300,000 in interest my mortgage will cost over 30 years by showing me how to nearly effortlessly reduce that number. "Try making a payment every two weeks instead of once a month," he writes. "By sending in half of your monthly mortgage payment every two weeks, you end up making the equivalent of an extra payment each year." This will cut years off the life of the loan. Another way to accomplish the same thing is to overpay the mortgage by a fixed amount every month—as little as 10% extra does the trick. If I shave just five years off my mortgage, according to my bank's online calculator, I will save $59,000. Now that's a shopping spree!

Fiber is an important part of every kid's diet.

But 9 out of 10 kids are actually falling short of getting their recommended daily fiber intake.

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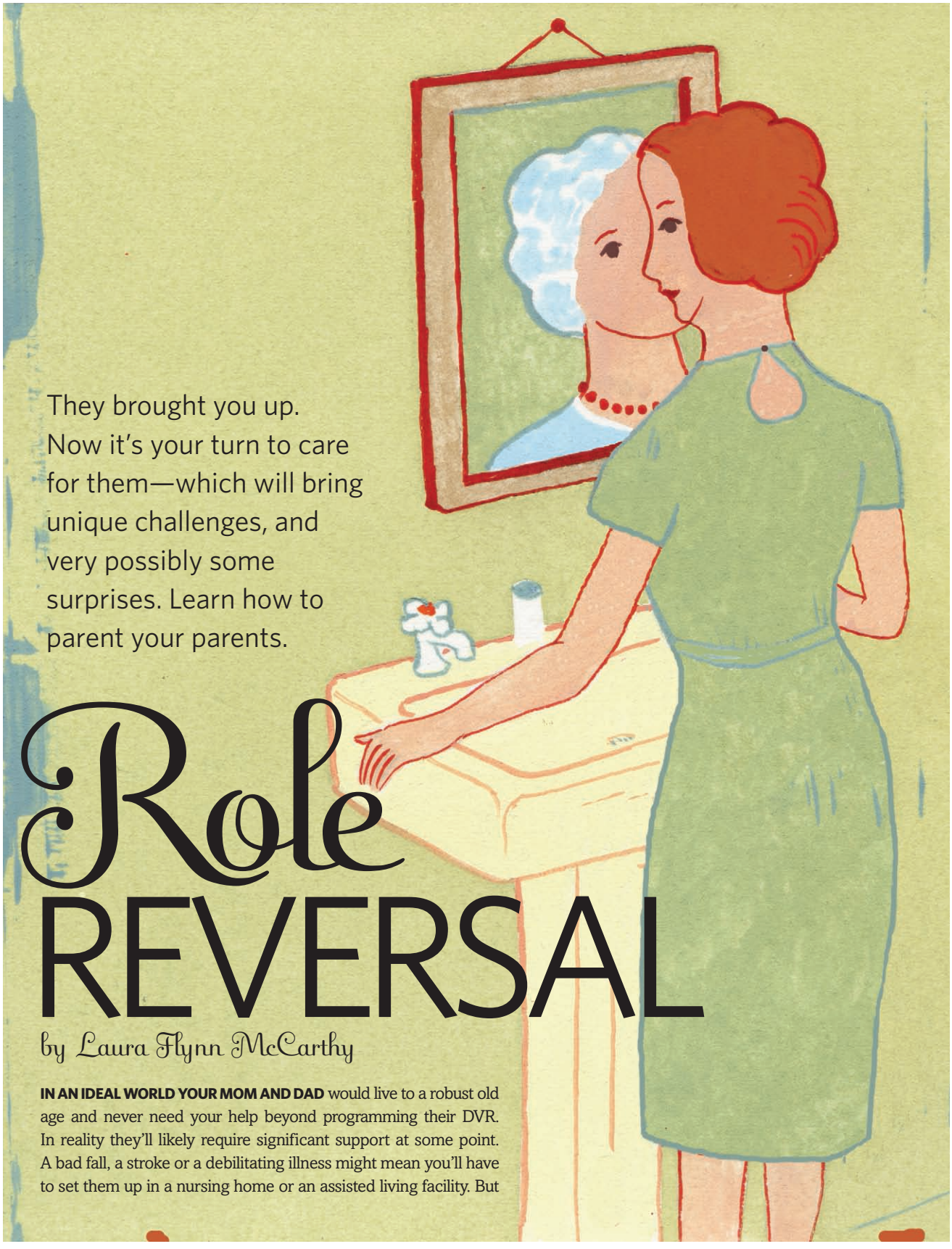

They brought you up. Now it's your turn to care for them—which will bring unique challenges, and very possibly some surprises. Learn how to parent your parents.

Role REVERSAL

by Laura Flynn McCarthy

IN AN IDEAL WORLD YOUR MOM AND DAD would live to a robust old age and never need your help beyond programming their DVR. In reality they'll likely require significant support at some point. A bad fall, a stroke or a debilitating illness might mean you'll have to set them up in a nursing home or an assisted living facility. But

illustrations by **Brian Cronin**

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LOOKING FOR REAL OSTEOARTHRITIS KNEE PAIN RELIEF? THIS IS THE ONE

Synvisc-One® (hylan G-F 20)

FREE Knee Pain Relief Kit

Call toll-free **1-888-633-1224** or
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THE ONLY ONE INJECTION treatment that can give you up to 6 months of knee pain relief.

Don't let osteoarthritis of the knee control your life. If you aren't getting enough pain relief from diet, exercise and over-the-counter pain relievers, talk to your doctor about whether Synvisc-One may be right for you.

Synvisc-One:

- Lubricates and cushions your knee with just one injection
- Is made from a natural substance similar to healthy joint fluid
- Doesn't have the serious side effects associated with many pain pills
- Is covered by Medicare and most insurance plans

Call toll-free or mail back the attached card to get a FREE Knee Pain Relief Kit to learn more.

Synvisc-One® (hylan G-F 20) is indicated for the treatment of pain in osteoarthritis (OA) of the knee in patients who have failed to respond adequately to conservative non-pharmacologic therapy and simple analgesics, e.g., acetaminophen.

Important Safety Information

Before trying Synvisc-One, tell your doctor if you have had an allergic reaction to SYNVISC or any hyaluronan-based products; or if you have an infected knee joint, skin disease or infection around the area where the injection will be given, or circulatory problems in the legs. Synvisc-One is only for injection into the knee, performed by a doctor or other qualified health care professional. Synvisc-One has not been tested to show pain relief in joints other than the knee. Tell your doctor if you are allergic to products from birds – such as feathers, eggs or poultry – or if your leg is swollen or infected. Synvisc-One has not been tested in children, pregnant women or women who are nursing. You should tell your doctor if you think you are pregnant or if you are nursing a child. Talk to your doctor before resuming strenuous weight-bearing activities after treatment.

The side effects (also called reactions) sometimes seen after any injection into the knee, including Synvisc-One, include (<2% each): pain, swelling, heat, redness, and/or fluid build-up in or around the knee. These reactions were generally mild and did not last long, but in rare occasions these side effects were more severe. The most commonly occurring adverse events outside of the injected knee were headache, back pain, sore throat, the flu and faintness. Allergic reactions such as rash and hives have been reported rarely in association with SYNVISC.

SYNVISC ONE® HYLAN G F 20

SYNVISC ONE
HYLAN G-F 20

Patient Information

Be sure to read the following important information carefully. This information does not take the place of your doctor's advice. If you do not understand this information or want to know more, ask your doctor.

Glossary of Terms

Hyaluronan (pronounced hy-al-u-ROE-nan): is a natural substance that is present in very high amounts in joints. It acts like a lubricant and a shock absorber in the joint and is needed for the joint to work properly.

Non-steroidal anti-inflammatory drugs: also known as "NSAIDs"; medication used to treat pain or swelling. There are many examples of NSAIDs, including (but not limited to) aspirin and ibuprofen. Some of these are over-the-counter drugs, and some can be obtained only by prescription.

Osteoarthritis (pronounced OS-te-o-arth-RI-tis): (OA) is a type of arthritis that involves the wearing down of cartilage (the protective covering on the ends of your bones) and loss of cushioning fluid in the joint.

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What is the Synvisc-One® product?

Synvisc-One is a gel-like mixture that comes in a syringe containing 6 mL (1 ½ teaspoon) and is injected into your knee. It is made up of hylan A fluid, hylan B gel, and salt water. Hylan A and hylan B are made from a substance called hyaluronan (pronounced hy-al-u-ROE-nan), also known as sodium hyaluronate that comes from chicken combs. Hyaluronan is a natural substance found in the body and is present in very high amounts in joints. The body's own hyaluronan acts like a lubricant and a shock absorber in the joint and is needed for the joint to work properly.

How is the Synvisc-One® product used? (Indications)

The FDA-approved indication for Synvisc-One is: Synvisc-One is indicated for the treatment of pain in osteoarthritis (OA) of the knee in patients who have failed to respond adequately to conservative nonpharmacologic therapy and simple analgesics, e.g., acetaminophen.

How is the Synvisc-One® product given?

Your doctor will inject Synvisc-One into your knee.

Are there any reasons why I should not receive a Synvisc-One® injection? (Contraindications)

Your doctor will determine if there is any reason why you are not an appropriate candidate for Synvisc-One. You should be aware that Synvisc-One:

- Should not be used in patients who have had any prior allergic reactions to Synvisc, Synvisc-One or any hyaluronan-based products. Signs of an allergic reaction may include swelling of your face, tongue, or throat; difficulty breathing or swallowing; shortness of breath; wheezing; chest pain; a tightness in your throat; sleepiness; rash; itching; hives; flushing; and/or fever.
- Should not be used in patients with a knee joint infection, skin disease or infection around the area where the injection will be given, or circulatory problems in the legs.

What should my doctor warn me about?

The following are important treatment considerations for you to discuss with your doctor and understand in order to help avoid unsatisfactory results and complications:

- Synvisc-One is only for injection into the knee, performed by a doctor or other qualified health care professional. Synvisc-One has not been tested to show pain relief in joints other than the knee.
- Synvisc-One has not been tested to show better pain relief when combined with other injected medicines.
- Tell your doctor if you are allergic to products from birds such as feathers, eggs, and poultry.
- Tell your doctor if you have significant swelling or blood clots in the leg.
- Synvisc-One has not been tested in pregnant women, or women who are nursing. You should tell your doctor if you think you are pregnant, or if you are nursing a child.
- Synvisc-One has not been tested in children (≤21 years of age).

What are the risks of getting a Synvisc-One® injection?

The side effects (also called reactions) sometimes seen after any injection into the knee, including Synvisc-One, include: pain, swelling, heat, redness, and/or fluid buildup around the knee. These reactions are generally mild and do not last long. Reactions are generally treated by resting and applying ice to the injected knee. Sometimes it is necessary to give pain relievers by mouth such as acetaminophen or NSAIDs, or to give injections of steroids, or to remove fluid from the knee joint. Patients rarely undergo arthroscopy (a surgical inspection of the knee joint) or other medical procedures related to these reactions.

Other side effects seen with Synvisc or Synvisc-One are: rashes, hives, itching, muscle pain/cramps, flushing and/or swelling of your face, fast heartbeat, nausea (or feeling sick to your stomach), dizziness, fever, chills, headache, difficulty breathing, swelling in your arms and/or legs, prickly feeling of your skin, and in rare cases a low number of platelets in the blood (platelets are a type of blood cell that are needed to help your blood clot when you are cut or injured). Rare cases of knee joint infection have been reported. If any of the above side effects or symptoms appear after you are given Synvisc-One, or if you have any other problems, you should call your doctor.

What are the benefits of getting a Synvisc-One® injection?

As shown in a medical study of 253 patients with osteoarthritis (OA) of the knee, where approximately half received either a single injection of Synvisc-One or an injection of the same volume of salt water (a "Saline Control" injection), the major benefits of Synvisc-One are pain relief and improvement in other symptoms related to OA of the knee.

What do I need to do after I get a Synvisc-One® injection?

It is recommended you avoid strenuous activities (for example, high-impact sports such as tennis or jogging) or prolonged weight-bearing activities for approximately 48 hours following the injection. You should consult your doctor regarding the appropriate time to resume such activities.

What other treatments are available for OA?

If you have OA, there are other things you can do besides getting Synvisc-One. These include:

Non-drug treatments

- Avoiding activities that cause knee pain
- Exercise or physical therapy
- Weight loss
- Removal of excess fluid from your knee

Drug therapy

- Pain relievers such as acetaminophen and narcotics
- Drugs that reduce inflammation (signs of inflammation are swelling, pain or redness), such as aspirin and other non-steroidal anti-inflammatory drugs (NSAIDs, for example ibuprofen and naproxen)
- Steroids that are injected directly into your knee

When should I call my doctor? (Troubleshooting)

If any of the side effects or symptoms described above appear after you are given Synvisc-One, or if you have any other problems, you should call your doctor.

What did the clinical studies show?

A study was conducted in 6 countries outside the United States with 21 physicians. The patients in the study had mild to moderate knee OA, moderate to severe pain, and did not have sufficient relief of their pain and symptoms with medications taken by mouth.

A total of 253 patients in the study were assigned by chance to receive either a single injection of Synvisc-One (n=123 patients), or an injection of the same volume of salt water (a "Saline Control" injection) (n=130 patients). Neither the patients nor the doctors evaluating them knew which treatment they received. Any fluid that was present in the patient's knee was removed before the injection. The patients were seen by their doctor at standard times over 6 months. Information was collected about how much pain they were experiencing doing various types of activities, how much they were limited in their daily activities by their OA, and on their overall condition. Their doctor also provided an overall rating of their OA.

The main measure of the study was how much pain the subjects had doing five common types of activities over the 6 months duration of the study. Daily activity limitations and overall evaluations were also compared between the group of patients receiving Synvisc-One injection and the group receiving salt water injection. The study showed that patients receiving Synvisc-One had significantly less pain over 6 months, and felt significantly better than the patients who received the salt water injections. The difference in pain score reduction from baseline to 6 months between the Synvisc-One and salt water control injection was 0.15 out of a 5 point scale for the measurement of OA pain in the knee.

What adverse events were observed in the clinical study?

The following are the most common adverse events that occurred during the clinical trial of Synvisc-One:

- Pain in the knee or at the injection site
- Stiffness, swelling or warmth in or around the knee
- Changes in the way that you walk (e.g., limping)

Severe adverse events were not observed in the Synvisc-One trial. Joint infections did not occur in the injected knee in the Synvisc-One clinical trial. The most commonly occurring adverse events outside of the injected knee were headache, back pain, sore throat and the flu. One patient had a single episode of feeling faint.

How do I get more information about the Synvisc-One® product? (User Assistance)

If you have any questions or would like to find out more about Synvisc-One, you may call Genzyme Biosurgery at **1-888-3-SYNVISC (1-888-379-6847)** or visit **www.synvisc.com.**

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Lip Clear Lysine+ ointment cuts cold sore healing time in half. Canker Cover patch heals most canker sores in just one day. CVS, Walgreens, RiteAid. Store finder/ coupons **QuantumHealth.com**. Trial sample **1-800-448-1448**.

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Are your feet ready for sandal season? Kerasal, the #1 podiatrist recommended foot softener, exfoliates and moisturizes feet in one easy step. In just days you will have new, beautiful feet. Look in the footcare section at Walgreens, CVS, Walmart and other drug chains. Visit **Kerasal.com/FC** or call **1-877-674-3475** for coupon.

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over half of people who need care receive it at home—and 80% of the time family and friends provide it. Another 25% live in the home of the caregiver, usually an adult child.

You can guess what this means for your life: Forty percent of women looking after parents are forced to switch to part-time work or stop altogether, leading to financial strain. There's a personal toll as well. Half of those same caregivers report having to give up exercise, vacations, hobbies or social activities. At the same time, though, many women say that it's a life-enriching responsibility, and that there are lots of ways for you to meet your parents' needs *and* your own.

Mom Comes Home

Rosa Hymes was already living with her daughter, Alexa St. Julian, in Pearland, Texas, to be there after school for Alexa's two kids, then 11 and 13. But everything changed just months after Rosa moved in when she had hip replacement surgery. Complications took a year to resolve and ultimately resulted in an amputation. Today, Rosa is wheelchair-bound and still lives with Alexa and her family.

✣ **THE SOLUTION** Alexa does most of the caregiving for her mom, but she also hired an aide who comes three times a week to assist Rosa with bathing, laundry and other everyday needs. That's when Alexa, who's a real estate agent, crams in as much work as she possibly can. "We have not been on one vacation as a family since all of this started," says Alexa. "I've missed some of the kids' school events. Yet I'm a stronger person. And I still have my mother, who's a gem."

✣ **COSTS** The aide charges $100 a day. Most of Rosa's hospital bills were covered by Medicare, although some medication, including $7,000 worth of at-home IV therapy, was not and ended up on Alexa's credit card. Alexa's income has also dropped substantially because of the time she took off during Rosa's hospitalizations.

✣ **KEY TO SUCCESS** Alexa accepts every offer of help that comes her way. "Whether it's a relative flying in or a church member bringing us dinner one night, I say yes," she explains. "I have a very supportive husband, and my sister has been there for all of the big medical decisions." Alexa has also given her house keys to two trusted neighbors. "If I'm out and can't reach my mother," she explains, "I'll call and ask them to check on her."

Alone, with Help

After their father died suddenly from a stroke, sisters Alison Trost of Mendota Heights, Minnesota, and Lynn Pitet of Cody, Wyoming, worried about their

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mother, Helen Trost. She lived alone in her home in Mankato, Minnesota, about an hour and a half away from Alison's house and a 14-hour drive from Lynn's. Helen was determined to stay put, but her eyesight was poor, so she had trouble taking her medications and couldn't drive. "My mother had a busy life with lots of friends and activities, but Lynn and I felt we needed to keep better tabs on her," says Alison, who is a part-time dental hygienist. (Lynn works full-time at the Buffalo Bill Historical Center in Cody.)

✣ **THE SOLUTION** Initially, the sisters hired a company, QuietCare, which placed monitors throughout their mom's home to keep track of her movements and sent daily reports via e-mail. There was also a pendant button Helen could push in an emergency, and she had an aide coming twice a week to read to her and prepare some meals. Alison's husband installed a telephone in every room of the house. The arrangement worked well for two years, but as Helen became more frail, Alison and Lynn convinced her to move to a senior living apartment in St. Paul. Helen still has a great deal of independence, but there's more supervision and plenty of help nearby. She's now just four minutes from Alison, who visits three times a week. Lynn still calls every morning to remind her mother to take her medications.

✣ **COSTS** The QuietCare plan (quietcaresystems.com) was $500 a month, not covered by insurance. The apartment is about $1,800 a month, with an extra $40 for an emergency pendant.

✣ **KEY TO SUCCESS** "It's so important to talk to your parents before a crisis occurs," says Lynn. "You don't want to be forced into making a decision in a hurry. Plan ahead when you have the luxury of time to sort things out." To find out about nursing home options, check out the U.S. Administration on Aging's elder care locator at eldercare.gov.

Maximum Assistance

Della McCann had cared for her father until his death and expected she'd do the same for her mother, Wendy BowKwong, who was living with Della, her husband and their two kids. "In Chinese culture it's normal for the generations to be together," says Della, who resides in Mamaroneck, New York. In the years that followed she nursed Wendy through a heart attack, depression and colon cancer, all while her children were tweens. But when Wendy developed dementia and her behavior became erratic, Della felt she couldn't care for her at home.

✣ **THE SOLUTION** Della enrolled Wendy in an adult day care program, but

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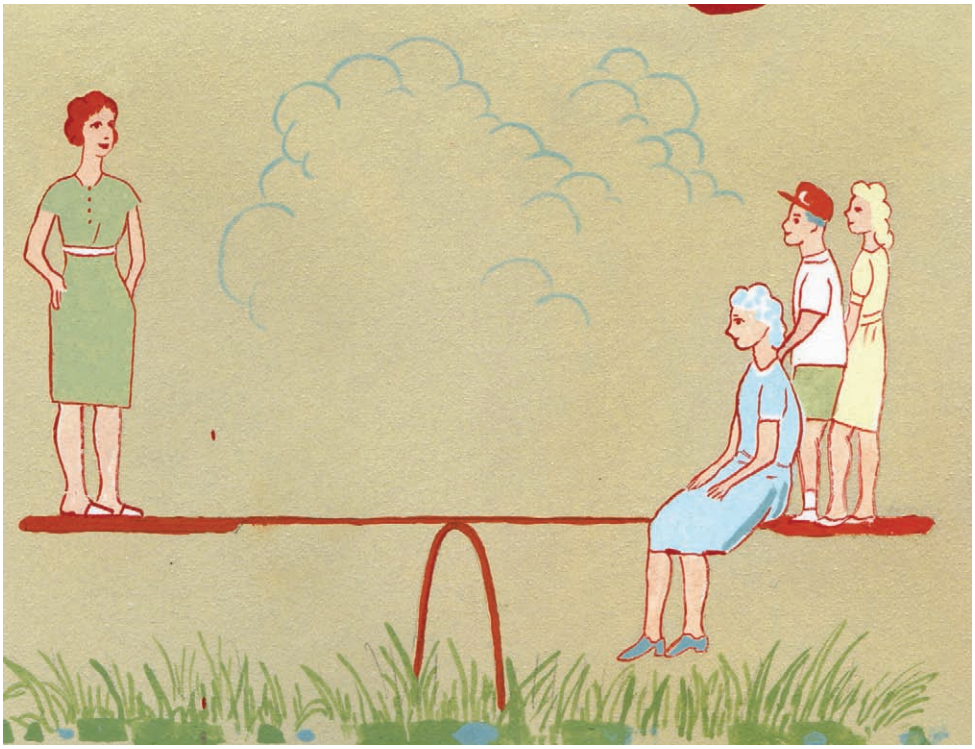

Say yes to every offer of help, whether it's a relative flying in or a church member bringing dinner.

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THE FUTURE IS NOW

Yes, your parents deserve to have the best. But it's also essential to take steps to manage the overall cost of care, for their sake as well as yours.

ASK THE HARD QUESTIONS.
It's important to know what care arrangements your parents might want, how much money they have, where it is and how you can access it in a crisis, says Dan Taylor, author of *The Parent Care Conversation* (Penguin). You should also have a list of essential information (keep it in a safe place), like bank account numbers, computer passwords, and names and contact numbers for their lawyer, accountant, financial adviser and doctors.

ARRANGE LEGAL BACKUP.
A durable power of attorney gives you or someone your parents choose the ability to make decisions if they can't. There should be one for health care and one for legal and financial decisions. Locate a lawyer through the National Academy of Elder Law Attorneys, Inc. at naela.org.

DISCUSS HEALTH INSURANCE.
Most older Americans are covered by Medicare, and some have additional insurance, but both are limited. A long-term care insurance plan can fill in the gaps. For more info, go to the National Council on Aging's benefitscheckup.org and medicare.gov. Those in a low financial bracket may be partially or completely covered by Medicaid. Visit Centers for Medicare & Medicaid services at cms.hhs.gov.

INSIST ON A LIVING WILL.
Your parents should appoint someone to decide when to stop life support. The nonprofit organization Aging with Dignity offers single copies of living will forms called "Five Wishes," which are accepted in most states, for $5 each. Go to agingwithdignity.org.

the center couldn't handle her, so the doctor recommended a nursing home. "At first I resisted, and I cried a lot," Della recalls. "I'm an only child, and I was brought up to believe that you didn't have someone else take over your parents' care. It just isn't done. But I worried about my mother's safety, and about the effects of caring for her on my family."

✣ **COSTS** A nursing home room is about $5,500 to $6,500 per month. In Wendy's case, with her savings exhausted, Medicaid is now covering the fees, as it does for 70% of nursing home patients.

✣ **KEY TO SUCCESS** Della makes the 10-minute trip daily to visit her mother. "You need to be involved with your parent's nursing home the same way you are with your kid's school," she says. "I'm my mother's advocate. Also, people should talk to others in the same situation, and if that doesn't help, get therapy. There's so

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much guilt associated with these decisions. The worst day of my life was when I told my mother she should go into the nursing home. But my relationship with her got so much better once she settled in. It's such a loving place. We even had my daughter's wedding there so my mom could share it."

Everyone Pitches In

After Joan Rodriguez's mother, Alicia Ferguson, was diagnosed with Alzheimer's disease, Joan and her four siblings took turns staying overnight with Alicia in her home for a year. But as the disease progressed, so did her mom's needs. Joan had recently retired early from a career in long-distance communication to start up her own business. Instead, she decided to care for her mom in her home in San Jose, California. She was able to do that for eight years, until her mother died.

Be involved with your parent's nursing home the same way you are with your kid's school. It's important to play the role of advocate.

✣ **THE SOLUTION** When her mother moved in, Joan's two daughters were in their early 20s and her son, Darin, was just 13. "The way I dealt with all of the different roles in my life was simply to include my mother in as much as I could," says Joan. "When Darin was young, my mother cared for him a lot while I worked so he had a special bond with her. He never squawked about having her with us at different functions."

✣ **COSTS** Though most medical needs were covered by insurance, Joan didn't work outside of her home while her mother lived with them, which strained finances dramatically.

✣ **KEY TO SUCCESS** The family became a team. When Alicia was diagnosed, Darin, who was away at college, transferred to a local school so he could live at home and help. Joan's siblings relieved her at least one day a week. Helping her mother, Joan says, changed her life. "I used to work long hours and always wanted more of everything," she says. "I learned to slow down and appreciate a different kind of 'more.' I was able to help care for my three grandkids. And I discovered a love for gardening. I'm so grateful for the time I had with my mother."

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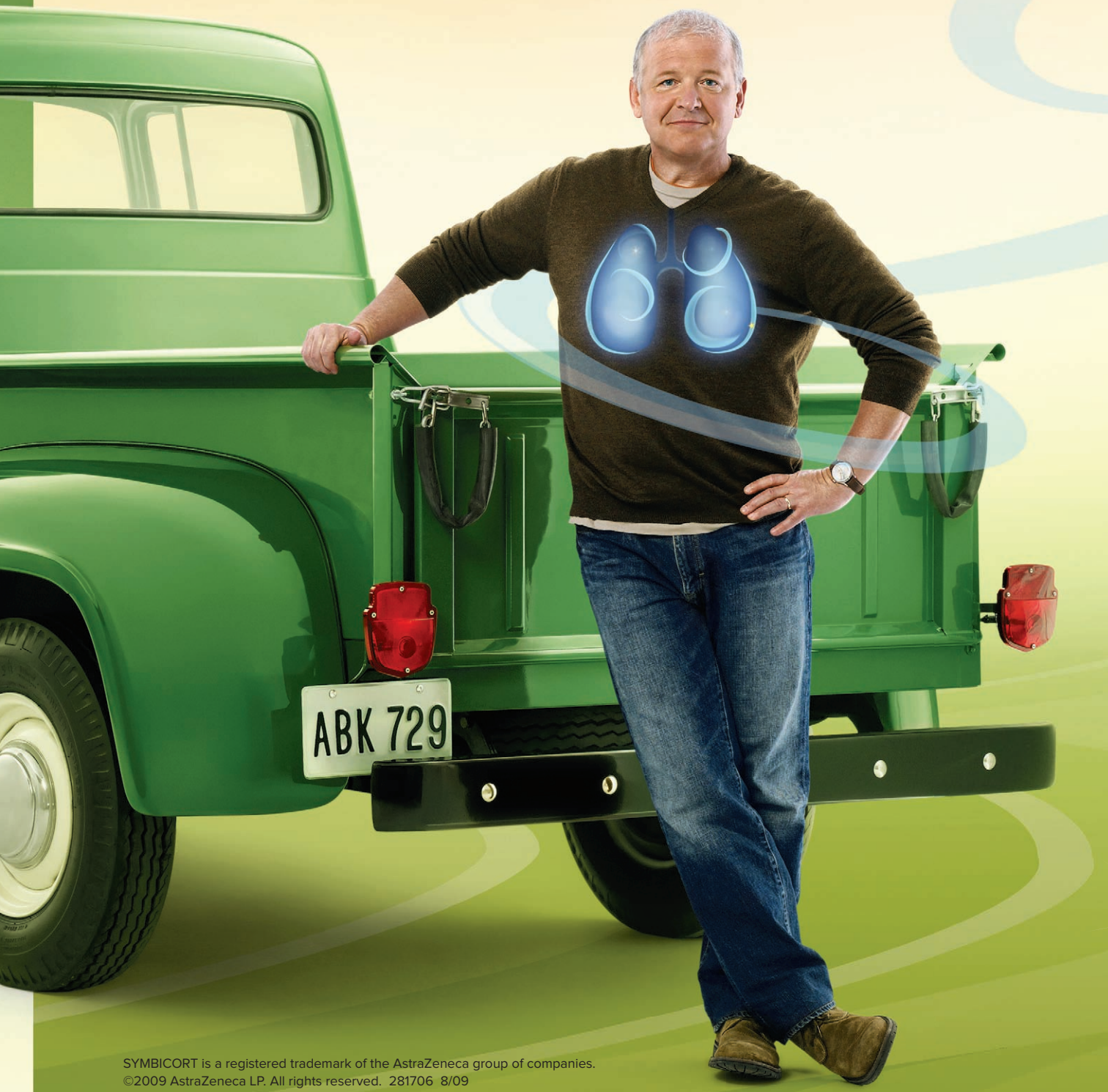

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SYMBICORT 160/4.5 is approved for adults with COPD, including chronic bronchitis and emphysema. You should only take 2 inhalations of SYMBICORT twice a day. Higher doses will not provide additional benefits.

Call your doctor if you notice any of the following symptoms: change in amount or color of sputum, fever, chills, increased cough, or increased breathing problems.

SYMBICORT may increase your risk of lung infection, osteoporosis, and some eye problems (cataracts or glaucoma). You should have regular eye exams.

Thrush in the mouth and throat may occur.

Tell your doctor if you have a heart condition or high blood pressure before taking SYMBICORT. Do not use SYMBICORT with another long-acting $beta_2$-agonist for any reason. SYMBICORT does not replace fast-acting inhalers for sudden symptoms.

Please see Important Product Information on adjacent page and discuss with your doctor.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

For more information, call 1-888-533-2983 or go to MySymbicort.com/GO.

If you cannot afford your prescription, AstraZeneca may be able to help.

Symbicort®
(budesonide/formoterol fumarate dihydrate)
Inhalation Aerosol

AstraZeneca

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IMPORTANT INFORMATION ABOUT SYMBICORT

Please read this summary carefully and then ask your doctor about SYMBICORT.

No advertisement can provide all the information needed to determine if a drug is right for you or take the place of careful discussions with your health care professional. Only your health care professional has the training to weigh the risks and benefits of a prescription drug.

WHAT IS THE MOST IMPORTANT INFORMATION I SHOULD KNOW ABOUT SYMBICORT?

In patients with asthma, long-acting beta$_2$-agonist (LABA) medicines, such as formoterol (one of the medicines in SYMBICORT), may increase the chance of death from asthma problems. In a large asthma study, more patients who used another LABA medicine died from asthma problems, compared with patients who did not use that LABA medicine. Talk with your health care professional about this risk and the benefits of treating your asthma with SYMBICORT.

SYMBICORT does not relieve sudden symptoms, so you should always have a fast-acting inhaler (short-acting beta$_2$-agonist medicine) with you. If you do not have this type of inhaler, talk with your health care professional to have one prescribed for you.

Get emergency medical care if your breathing problems worsen quickly and your fast-acting inhaler does not relieve them.

Do not stop using SYMBICORT unless your health care professional tells you to stop because your symptoms might get worse.

WHAT IS SYMBICORT?

SYMBICORT is an inhaled prescription medicine taken twice a day, every day, over long periods of time to control asthma and chronic obstructive pulmonary disease (COPD).

Asthma

SYMBICORT 80/4.5 mcg or 160/4.5 mcg is used long-term, two times each day, to control symptoms of asthma and prevent symptoms such as wheezing in patients age 12 years and older.

Chronic Obstructive Pulmonary Disease

COPD is a chronic lung disease that includes chronic bronchitis, emphysema, or both. SYMBICORT 160/4.5 mcg is used every day, two times each day, to help improve lung function for better breathing in adults with COPD.

SYMBICORT contains two medicines:

- Budesonide (the same medicine found in PULMICORT FLEXHALER™ [budesonide inhalation powder]), an inhaled corticosteroid medicine, or ICS. ICS medicines help to decrease inflammation in the lungs. Inflammation in the lungs can lead to asthma symptoms
- Formoterol (the same medicine found in Foradil® Aerolizer®) is a long-acting beta$_2$-agonist medicine, or LABA. LABA medicines are used in patients with COPD and asthma. LABA medicines help the muscles in the airways of your lungs stay relaxed to prevent asthma symptoms, such as wheezing and shortness of breath. These symptoms can happen when the muscles in the airways tighten. This makes it hard to breathe, which, in severe cases, can cause breathing to stop completely if not treated right away

WHO SHOULD NOT TAKE SYMBICORT?

You should not take SYMBICORT if your health care professional decides that your asthma or COPD is well controlled using another medicine, or you only use a fast-acting inhaler once in a while.

Do not use SYMBICORT to treat sudden severe symptoms of asthma or COPD or if you are allergic to any of the ingredients in SYMBICORT.

WHAT SHOULD I TELL MY HEALTH CARE PROFESSIONAL BEFORE USING SYMBICORT?

Tell your health care professional about all of your health conditions, including if you

- have heart problems
- have high blood pressure
- have seizures
- have thyroid problems
- have diabetes
- have liver problems
- have osteoporosis
- have an immune system problem
- are allergic to any medications
- are exposed to chicken pox or measles
- are pregnant or planning to become pregnant because it is not known if SYMBICORT may harm your unborn baby
- are breast-feeding because it is not known if SYMBICORT passes into your milk and if it can harm your baby. You and your health care professional should decide if you will be taking SYMBICORT while breast-feeding

Tell your health care professional about ALL the medicines you are taking, including all your prescription and nonprescription medicines, vitamins, and herbal supplements.

SYMBICORT and certain other medicines may interact with each other and can cause serious side effects. Be sure to keep track of ALL the medication you take. You might want to make a list and show it to your health care professional, including your pharmacist, each time you get any new medicine, just to be sure there are no potential drug interactions.

HOW DO I USE SYMBICORT?

Do not use SYMBICORT unless your health care professional has carefully demonstrated how to do so. If you have any questions concerning the use of SYMBICORT, ask your health care professional.

SYMBICORT should be taken twice (2 puffs each time) every day as prescribed by your health care professional.

SYMBICORT comes in two strengths for asthma: 80/4.5 mcg and 160/4.5 mcg. Your health care professional will prescribe the strength that is best for you. SYMBICORT 160/4.5 mcg is the approved dosage for COPD.

- Make sure that you rinse your mouth with water after each dose (two puffs) of SYMBICORT without swallowing and spit the water out
- Do not change or stop any of the medicines you use to control or treat your breathing problems. Your health care professional will adjust your medicines as needed
- Do not spray SYMBICORT in your eyes. If you accidentally get SYMBICORT in your eyes, rinse your eyes with water. If redness or irritation persists, call your health care professional
- Always have a fast-acting inhaler with you. Use it if you have breathing problems between doses of SYMBICORT

Seek emergency medical care if

- your breathing problems worsen quickly and your fast-acting inhaler does not relieve your breathing problems
- you experience any symptoms of a serious allergic reaction to SYMBICORT, such as a rash; hives; swelling of the face, mouth, or tongue; or breathing problems

Contact your health care professional if

- you need to use your fast-acting inhaler more often than usual
- your fast-acting inhaler does not work as well for you at relieving symptoms
- you need to use four or more inhalations of your fast-acting inhaler for 2 or more days in a row
- you use up your entire fast-acting inhaler canister within 8 weeks
- your peak-flow meter results decrease. Your health care professional will tell you the numbers that are right for you
- your asthma symptoms do not improve after using SYMBICORT regularly for 1 week
- you have COPD and notice any symptoms such as increase in mucus or change in mucus color, fever, chills, increased cough, or increased breathing problems because these symptoms may mean you have pneumonia or another lung infection

WHAT MEDICATIONS SHOULD I NOT TAKE WHEN USING SYMBICORT?

While you are using SYMBICORT, do not use other medicines that contain a long-acting beta$_2$-agonist (LABA) for any reason, such as

- Serevent® Diskus® (salmeterol xinafoate inhalation powder)
- Advair Diskus® or Advair® HFA (fluticasone propionate and salmeterol)
- Formoterol-containing products such as Foradil® Aerolizer®, Brovana®, or Perforomist®

WHAT ARE OTHER IMPORTANT SAFETY CONSIDERATIONS WITH SYMBICORT?

- Increased risk of pneumonia if you have COPD
- Eye problems, such as glaucoma and cataracts. Regular eye exams should be considered while using SYMBICORT
- Osteoporosis. People at risk for increased bone loss may have a greater risk with SYMBICORT
- Slowed growth in children. As a result, growth should be carefully monitored
- Immune system effects and a higher chance for infections
- Cardiovascular and central nervous system effects of LABAs, such as chest pain, increased blood pressure, fast or irregular heartbeat, tremor, or nervousness

WHAT ARE OTHER POSSIBLE SIDE EFFECTS WITH SYMBICORT?

Adults and children age 12 years and older with asthma

- Headache
- Sore throat
- Oral thrush
- Upper respiratory tract infection

Patients with COPD

- Oral thrush

Long-acting beta$_2$-agonists may increase the risk of asthma-related death. Tell your health care professional about any side effect that bothers you or that does not go away. These are not all the side effects with SYMBICORT. Ask your health care professional for more information.

NOTE: This summary provides important information about SYMBICORT. For more information, please ask your doctor or health care professional about the full Prescribing Information and discuss it with him or her.

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CIRCLE IT Take note of these exciting promotions and products

Grilled Turkey Cutlets with Chipotle Mole

Servings: 4 | Prep Time: 20 minutes | Total Time: 1 hour

INGREDIENTS:

- **1 package (about 1½ pounds) Honeysuckle White® or Shady Brook Farms® Turkey Breast Cutlets**
- 1 pound sweet potatoes
- 1 tablespoon olive oil
- Salt and black pepper
- 1 cup low-sodium chicken broth
- ¼ cup pitted dried plums
- 3 canned chipotles in adobo, rinsed and seeded
- ⅓ cup toasted sliced almonds
- 1 ounce bittersweet chocolate
- 1 tablespoon chipotle or chili powder

INSTRUCTIONS:

1. Heat oven to 400°F.
2. Cut sweet potatoes lengthwise into wedges; toss with olive oil and season with salt and pepper.
3. Spread sweet potatoes on a roasting pan in one layer; roast about 30 minutes or until tender.
4. Meanwhile, to make mole, in saucepan, bring broth and dried plums to a boil. Remove from heat, cover and let sit 5 minutes.
5. In blender, purée dried plums, broth, chipotles and 2 tablespoons of the almonds. Return mixture to saucepan; add chocolate and stir over low heat until chocolate is melted.
6. Season with salt. Keep warm.
7. Season turkey with chipotle powder and salt.
8. Grill over gas or charcoal about 4 minutes on each side or until cooked through.
9. Arrange turkey and sweet potatoes on platter or individual plates.
10. Spoon mole over turkey and sprinkle with remaining almonds.

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Los Cabos has a lively, colorful, family-friendly feel.

El Arco in Cabo San Lucas

Locally made crafts

MEXICO family fiesta

Head south of the border this summer to score sweet deals and have some fun in the sun. **by Laura Manske**

LOS CABOS

Situated on the southern tip of the Baja Peninsula, Los Cabos is actually two unique towns: Cabo San Lucas, a lively hub for shopping and eating, and San José del Cabo, a mellow pueblo with the historical Misión of San José del Cabo Añuití at its center. Stretching over a 20-mile tourism corridor, the area offers families two distinct vacation vibes.

OLÉ! Los Cabos is known for water sports: kayaking, waterskiing, windsurfing and parasailing. But because there are no lifeguards—and many beaches have strong undertows and steep drop-offs—kids should swim only in designated safe spots. Playa El Médano, near downtown Cabo San Lucas, is popular with families; it has musicians, food stalls and pick-up volleyball games for tourists and locals. The town is also a prime spot for sport fishing—particularly for mega marlin—but you can snorkel with hundreds of species of fish at the eco-reserve Cabo Pulmo Marine Park. For teens who surf or want to learn, the biggest waves hit during the summer, especially at Playa Acapulquito. Boating is also a must: Meet other mates aboard the pirate ship-inspired

FC deal at the Hilton Los Cabos

$179 per night (excludes tax and gratuities)

- Accommodation for 4 people (2 adults and 2 kids under 18 in the same room)
- Last night free with minimum stay of 4 nights
- Private Mexican cuisine cooking class
- Free kids menu meals for children 12 and under when dining with paying adults
- 20% off kids' spa treatments
- Valid through October 15, 2010

Reserve at hiltonloscabos.com/familycircle or by calling (877) 354-1399 and requesting code FC. Subject to availability.

Photos (clockwise from top left): Courtesy of Los Cabos Convention and Visitors Bureau; Bruce Herman/Getty Images; Richard Cummings/Getty Images.

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Buccaneer Queen, which anchors in Chileno Bay, or sail on La Princesa, a catamaran that glides past the Sea Lion Colony and the iconic arched rocks of El Arco (cabosanlucastours.net). The vendors in Los Cabos sell embroidered clothes, pewter earrings and aromatic vanilla extract, among other local goodies.

WHERE TO STAY The 375-room Hilton Los Cabos Beach & Golf Resort, with its open-air hacienda courtyard, has two free-form infinity pools, tennis courts, a spa, beach yoga and a kids club. Protected by a rocky point, the crescent-shaped beach offers safe swimming. Regular rates from $249 a night (hiltonloscabos.com); see box, page 84, for the FC deal. The family-run Siesta Suites Hotel near the marina in the heart of Cabo San Lucas is a low-cost option for travelers who don't care about frills. It has a restaurant, pool and free Wi-Fi (cabosiestasuites.com, from $64).

MUST-DO FREEBIE Everyone raves about the sunsets. But be sure to get up early at least once during your vacation to catch a spectacular sunrise.

PUERTO VALLARTA

Between the hike-friendly foothills of the Sierra Madres and 26 miles of supersoft sand, you'll find Puerto Vallarta, a charming town set along the horseshoe-shaped Banderas Bay, with both ocean and mountain diversions.

OLÉ! Zigzag through the streets of Viejo Vallarta (Old Town), past the Baroque-style Church of Our Lady of Guadalupe, topped with a golden crown. Listen to mariachi melodies in palm-shaded plazas or just people-watch while you stroll the seaside boardwalk, the Malecón. Find locally made leather *huaraches* (sandals) and bright *sarapes* (shawls) at the main flea market, Mercado Municipal, then catch a little culture at the Mexican Fiesta, with its folkloric dancing, clowns, piñatas and fireworks (vallartadiscovery.com). Basilio Badillo (known as Restaurant Row) is where you'll find the bustling Café de Olla; stop in for authentic fare like enchiladas and quesadillas. Outside of town you can take a horseback ride (ranchoelcharro.com) or visit a turtle camp—in August visitors can release hatchlings into the sea (ecotoursvallarta.com). And to the south, in the town of Mismaloya, Zoologico de Vallarta has white Bengal tigers, and guests can hand-feed giraffes and other animals (zoologicodevallarta.com). Or take an hour-long boat ride to Las Caletas to relax in beach hammocks overlooking amazing vistas (vallarta-adventures.com).

WHERE TO STAY The centrally located 236-room Buenaventura Grand Hotel & Spa has three pools and a giant Jacuzzi. Rates start at $135 and kids under 12 stay free (hotelbuenaventura.com.mx). The small and simple Hotel Playa Conchas Chinas, also within walking distance of Puerto Vallarta's commercial zone, has kitchenettes and a pool—as well as a great view of the bay (conchaschinas.com, from $99).

MUST-DO FREEBIE Spend an afternoon on the city's south side at Playa de Los Muertos, a bustling beach where musicians and dancers perform and bodybuilders strut their stuff.

A traditional Mexican dancer at Xcaret in Cancún

Horseback riding near Puerto Vallarta

For a free coupon booklet, go to: visitpuertovallarta.com/promotion/index.html.

CANCÚN

Most major airports in the United States offer easy access to Cancún, making it a top choice for families in

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Oaxaca's famous Santo Domingo church

search of a no-fuss trip. It's tempting to spend your entire vacation at the pool, especially if you're staying at one of the hotels on Zona Hotelera, the barrier island where most resorts are located. But the coolest thing about this hot destination is the range of activities available on the mainland.

OLÉ! Get in touch with nature at nearby Xcaret, a verdant eco-park with a swimmable underground river, archeological digs, equestrian shows, Papantia Flying Men performances, and wildlife like manatees, monkeys, jaguars and butterflies (xcaret.com). Or explore the jungle with adventure outfitter Selvática; you'll zipline through the trees, ride a Segway over the dirt and cool off in a cenote swimming hole (selvatica.com.mx). Back in town check out open-air markets like Coral Negro and Ki-Huic for lace or woven blankets; conduct business Mexican-style and be prepared to haggle. (Don't accept the first price—or even the third!) Eat at Calypso's, a hard-to-spot restaurant in the Hotel Zone, featuring fresh seafood and outdoor seating (calypsoscancun.com). An absolute requirement: Time-travel back thousands of years by climbing the Mayan pyramids at Chichen Itza (chichenitza.com). Book a tour so you can kick back rather than stress during the five-hour round-trip from Cancún (mycancuntours.com). And definitely plan a day at Isla Mujeres, a 5-mile island reachable by ferry; rent a golf cart—each one seats four people—and cruise the peaceful landscape.

WHERE TO STAY At the 379-room Dreams Resorts & Spa, families can explore more than seven oceanfront acres. There's a Core Zone Club for kids 13 to 17, as well as five restaurants, a lagoon of dolphins, a trampoline, live shows and Spanish classes (dreamsresorts.com, from $223 per person). The privately owned condos of Villas Marlin have two bedrooms and full kitchens, giving families plenty of room. The complex is right on the beach where sea turtles tread in summer; there are three pools, a grocery store and tennis courts (rivieramaya condos.com, $999 for seven nights for a room that sleeps six).

MUST-DO FREEBIE For a brief peek at the Mayan past, stop by the small ruins of El Rey (the King), an archeological

Photo: Glow Images/Getty Images.

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Do you know

how long it takes one **little ice pop** to turn into a **great big puddle** in the hands of a **renegade three-year-old**?

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site across from Playa Delfines, near the southern end of the Hotel Zone. Be sure to check out the colorful peacocks and hundreds of iguanas lazing nearby. (Admission is just $2.)

OAXACA

Graced by centuries-old Spanish architecture and green mountain vistas, this city in the center of the country is known as the Land of the Seven Moles (pronounced MO-lays) because of its variety of delicious sauces. Foodie families will feel right at home here.

OLÉ! In the postcard-pretty Zócalo (town square), spend an hour sipping sweet-spicy hot chocolate while observing the parade of *la vida Mexicana*: herb vendors, grasshopper merchants, artists, *sanadores* (healers), dancers, guitarists and jugglers. Then take a stroll along cobblestone streets lined with colonial facades and indulge in cheese-stuffed *rellenos* (chiles) and ice cream with unique flavors such as *aguacate* (avocado) and *pétalos de rosa* (rose petal). Make memories—and food—at a Mexican cooking class at a culinary school like Seasons of My Heart (seasonsofmyheart.com). Restaurants also host special cooking events; the five-course instruction at La Casa de los Sabores is popular (laolla.com.mx). Hop a trolley in the historical district and see the famous 17th-century Santo Domingo church; attached is the Museo Regional de Antropologia e Historia—housed in a former convent. Markets brim with embroidered skirts, *huipiles* (Mayan-style dresses) and *alebrijes* (painted wooden animals), but the yummiest souvenirs are jars of mole and barbecue sauce from the Mercado 20 de Noviembre. Don't leave without visiting the majestic Zapotec ruins at Monte Alban, where warriors are carved from stones.

WHERE TO STAY The 91-room Camino Real Oaxaca was built as a convent in 1576; trickling fountains make for a calming courtyard. There's also a heated pool (camino-real-oaxaca.com, from $275). The 23-room Hotel Aitana is near the former convent of Santo Domingo and just a short walk up the hill from the Zócalo; its terrace overlooks Oaxaca (hotelaitanaoax.com, triples start at $85).

MUST-DO FREEBIE Meander through Paseo Juárez el Llano Park, which has impressive fountains, gardens, birds and a variety of huge trees. Kids celebrate birthdays, gymnasts do flips and merchants sell books and artwork. ●

Magnífico Mexico City

Many flights to beach destinations connect through **Mexico City;** consider exploring the metropolis if you have a few days. Festivities abound in the Zócalo, the third-largest plaza in the world. Be sure to visit the Palacio Nacional, the Baroque Metropolitan Cathedral and Chapultepec Park, which houses the National Museum of Anthropology. Try a fried *chapuline* (grasshopper) from a street vendor on your way to Museo Diego Rivera Anahuacalli, a Mayan-style building conceived by the famous muralist to hold collections of Mexican artifacts. You can also explore temple ruins, floating gardens and canals in the borough of Xochimilco. As when in any big city, play it safe: Sightsee in well-policed areas and ride in regulated radio-dispatched *sitio* taxis (called by your hotel or restaurant)—never hail a passing cab.

FamilyCircle.com
Riviera Maya is another great spot for families. Learn more at familycircle.com/mexico

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by Caren Oppenheim

Pets 911

Safeguard your animal by learning what to do in a crisis situation.

Just like kids, dogs and cats are prone to accidents. "It's so important not to panic when your pet is hurt," says Ines de Pablo, chief officer of Wag'N Enterprises, specialists in pet emergency management. "Having the right tools on hand and enough knowledge about how to help before you can get to the vet is crucial." Our guide shows you how to prevent incidents—and be prepared if and when a problem strikes.

ANIMAL AGENDA

De Pablo suggests performing a health assessment on a weekly basis so you can catch a small issue before it becomes something major. Keep your pet safe by doing the following:

- Rub your pet's fur to feel for any abnormal bumps, cuts or lumps.
- Look in your animal's mouth and on his tongue for any swelling, discoloration or other abnormalities.
- Monitor changes in eating or drinking habits as well as urination and defecation and be sure to keep a record for your veterinarian.
- Write down ongoing health problems. If something changes, call the vet.

KNOW THE FACTS

Learning standard first aid skills means you'll be able to help your pet when a crisis arises. Here are the essentials.

1. You should know how to slow down bleeding by applying direct force to basic pressure points and how to bandage an injured limb. Learn what you need to do for an injury at **avma.org/firstaid/procedures.asp**.
2. Familiarize yourself with which foods, plants and household items are dangerous if ingested and the symptoms they cause. Go to **aspca.org/pet-care/poison-control** for a list.
3. Visit **pettech.net** to find animal first aid courses offered in your neighborhood or check with your local Red Cross chapter.

***tip** / **CATS DON'T USUALLY PANT,** unless something is seriously wrong. Get to a vet ASAP if you notice any heavy or unusual breathing.

MOMster
Share your pet health stories with other animal lovers at momster.com/group/pets

FamilyCircle.com
For a list of problems that require medical attention, visit familycircle.com/petemergencies

First Aid Kit Essentials

- **Vet wrap** (a nonstick bandage that bonds to itself—Band-Aids won't adhere to your pet)
- **Gauze**
- **Tweezers**
- **Triangular bandage** (to use like a bandanna to carry an injured pet)
- **Ice pack**
- **Thermal blanket**
- **Styptic powder** (stops bleeding)
- **Latex gloves**

BUY: The Skinny Mayday Pet First Aid Kit, *wagn4u.com, $19*. For every kit purchased, $1 will be donated to the Morris Animal Foundation's Canine Cancer Campaign.

photography by **John Ueland**

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Milk's Favorite Summer Dip.

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latest beauty advice • fashion trends • must-have products

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pattern play

Designer Ralph Lauren walks a fine line with his all-American red, white and blue stripes—the color combo is patriotic, pretty and perfect for summer. Shirt, Lauren Jeans Co. by Ralph Lauren, $79.50. Tank, Lauren by Ralph Lauren, $129. Earrings, Emily Elizabeth, $30. Watch, Timex, $90.

SHOT ON LOCATION AT ALMOND SMUGGLERS COVE, ST. LUCIA

Hair: George Ortiz for L'Oréal Professionnel. Makeup: Emily Kate Warren using MAC Cosmetics.

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(Top to bottom) Amazon.com, $40; Tru by Nicole Yacano , $98.

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Bare Essentials

Shaving, waxing, whatever your de-fuzzing m.o.—it's time to kick it into high gear. Our pro tips guarantee smooth sailing.

Shaving

FYI

Prevent same-day stubble by waiting 20 minutes after waking to shave, says Donald Buckingham, vice president of Pure Silk Shave Cream. By then any post-sleep puffiness will have subsided.

TRY

Venus Embrace Disposables, $10. Five blades—a first for disposables!—get every hair, and a flexible head lets you reach awkward spots without nicking.

Depilatory

The chemicals in depilatories that dissolve hair make skin prone to burning, says David Bank, M.D., a dermatologist in Mt. Kisco, NY. Use at night, and never in the morning on a day you plan to spend in the sun.

Nair Shower Power Max, $9. This in-shower remover comes with its own sponge to wipe away hair and residue.

Waxing

To keep your bikini line smooth and avoid ingrowns, use a salt or sugar scrub daily in the shower to soften skin. Don't exfoliate 24 hours before waxing or 48 hours after, says Tabitha Mainaly, a waxer at Uni K Wax Center in NYC.

Parissa Quick and Easy Wax Strips for Legs & Body, $12. No messing with the microwave and no hot goop—simply warm strips between palms, press on skin and pull off.

Epilator

Years-ago versions of this electric-tweezer-type device killed as they yanked hairs out. This newer model is much less torturous. To minimize pain, use circular motions with skin pulled taut.

Remington Smooth & Silky 2-in-1 Complete Epilation Kit, $60. This version gets hair as short as one-fifth of an inch so you can use it as soon as there is noticeable regrowth.

RAYS OF LIGHT
Preventing sun damage comes down to a few key digits. Remember:

1 ounce of sunscreen is the amount you need to thoroughly cover your face and body. (It would fill a shot glass.)

18 Age at which it was assumed you had already received the majority of your sun exposure. No longer—the Skin Cancer Foundation now says 75% of skin damage occurs after this big b-day.

30 A 2-for-1: the minimum SPF derms suggest using and the minutes to wait before venturing outside after applying sunscreen.

Happy Feet

BOLD COLOR IS THE WAY TO GO FOR TOE POLISH AND SANDALS—TRY THESE VIBRANT COMBOS ON FOR SIZE.

Milani Neon Nail Lacquer in Pink Rocks, $5. Gretta, $35.

Shades by Barielle in A Bouquet for Ava, $8. AMI Clubwear, $20.

OPI Nail Lacquer in A Good Man-darin is Hard to Find, $8.50. Franco Sarto, $69.

Photos: Peter Ardito.

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With Crest Pro-Health Sensitive Shield, you get more of the protection you need for a healthy mouth.

Only Crest Pro-Health toothpastes have a clinically proven active ingredient to protect against sensitivity and protect all these areas dentists check most.

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linda's closet
by Linda Moran Evans

STYLE SECRETS AND FAVORITE FINDS FROM OUR BEAUTY & FASHION DIRECTOR

WORKING OUT? NO SWEAT!

So I'm on a get-fit kick training for a half marathon. Lately my jogging clothes still seem a little stinky when I pull them out of the dryer (sorry if that's TMI) so I decided to try the official detergent of the U.S. Olympic team—Win Green. The eco-friendly, fragrance-free formula actually targets the sweat molecules that get into moisture-wicking fabrics and cause odors. It works! Amazon.com, $7 for a 21-ounce bottle, about 14 loads

Flat-Out Comfort

I keep finding more reasons to wear these fabulous slippers. First it was for flying—they're a cinch to flip off and on to go through security and supercomfy up in the air too. And just recently they saved me at my cousin's wedding, where I whipped them out of my husband's suit pocket, then danced the night away. Now I keep spare pairs in my bag and car for just-in-case scenarios. Ballerinas are the perfect antidote to walking in heels and never go out of style. Kushyfoot.com, $9

Dress with slip, Flora, $32. Watch, Timex, $95.

WHAT I WANT NOW!

Every summer I need a new beach cover-up no matter what—winter storage saps the oomph from what I had the year before, or my attic eats it like my washer does socks. Either way, I'm all about a jazzy something to go over my suit. This year's pick is a bright, flowy Flora dress from designer Carlos Falchi's Rio-inspired collection for Mark (meetmark.com). Worn with its removable slip, I'm good to go for dinner, or I can ditch the inner layer and throw it on over my tankini. To keep an eye on when to reapply sunscreen, I'm sporting this army green-banded Timex—love!

Insider TIP

THE BIG CHILL Summer heat just seems to make my face puffy, not at all a great look. The remedy? I do like most of the makeup artists I know and keep my skin care products in the fridge. First thing in the morning, after a big glass of water, I apply my air-conditioned creams to bring down any minor swelling. Actually, it's good to do anytime, for a late afternoon pick-me-up or before bed. I'm even motivated to give myself a mini facial massage while I'm at it—and that's really cool.

Photo (Evans): Karen Pearson.

photography by **Peter Ardito**

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A handful of **your heart's desire.** Want a snack that loves you back?

Reach for heart-smart, nutrient-rich California Almonds. Just a handful a day can nourish your heart by helping you maintain healthy cholesterol levels. Learn more about the power of a handful at **AlmondBoard.com**

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Good news about almonds and heart health Scientific evidence suggests, but does not prove, that eating 1.5 ounces per day of most nuts, such as almonds, as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease. One serving of almonds (28g) has 13g of unsaturated fat and only 1g of saturated fat.

california almonds®
AlmondBoard.com

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10 under $10
Editors' Picks

A compact brush, sun-kissed bronzer, fruity body spray and more fun finds!

Dori Katz
ASSOCIATE EDITOR

Walking around in flip-flops all day is tough on my tootsies. One swipe of Earth Therapeutics Clean + Cool Foot Wipes and I'm back in action. Kohl's, $6

I love all things double-ended like this Jillian Dempsey for Avon Professional Multi-Pencil. One side colors lips, the other highlights eyes. Avon.com, $8

Clever and cute—Sephora's Pop-Up Travel Brush snaps closed, keeping bristles separated from whatever else is in your bag. Sephora stores, $8

Amanda Flores
BEAUTY & FASHION ASSISTANT

A few quick sprays at my roots of Umberto Beverly Hills Dry Clean Dry Shampoo and my day-old blowout is practically as good as new. Target.com, $9

Essence Bronzing Pearls almost magically releases the perfect amount of powder, so my makeup brush picks up just what I need for a subtle, natural glow. Ulta, $3

After just one week of using Secret Smooth Effects Deodorant I've noticed less stubble, which means I don't have to shave as often. $4.50

Ilana Blitzer
BEAUTY EDITOR

Noxzema Triple Clean Anti-Bacterial Lathering Cleanser removes even the most stubborn makeup—and I love that familiar Noxzema tingle. $4

I'd heard that argan oil—from nuts grown in Morocco—is a great natural moisturizer. Fruits & Passion Argan Lip Balm is proof. Fruits-passion.com, $5

Essence of Beauty Citrus Coconut Body Mist is the ideal light summer fragrance—a little beachy, a little sweet. CVS/pharmacy stores, $6

our obsession

In our department it's unanimous—a spritz of Avène Thermal Spring Water is the perfect midday facial refresher.

Avène Thermal Spring Water, $7

All products are available at drugstores unless otherwise noted.

FamilyCircle.com
See more beauty picks at familycircle.com/10under10

Photos: (Katz, Flores) Michael Waring; (Blitzer) Karen Pearson.

photography by **Peter Ardito**

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UNLEASH THE POWER OF THE PLUMR.

With Liquid-Plumr's most technologically advanced clog buster and pipe wall cleaner.

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photography by **Karen Pearson**

POWER WASH

You probably cleanse without giving it a second thought—lathering and rinsing is hardly a challenge. But warmer weather can make things a touch trickier. Follow our derm-approved advice for a truly clean sweep from head to toe.

by Ilana Blitzer

SHOT ON LOCATION AT ALMOND SMUGGLERS COVE, ST. LUCIA

face facts

A little cleanser, some water, your fingertips or a washcloth. Yep, those are the basics. Here, some more sudsing know-how.

▪▪▪ Washing in the A.M. and P.M. is typical (and still okay), but most people don't realize that only a nighttime routine is crucial, says Miami dermatologist Leslie Baumann, M.D., author of *The Skin Type Solution*. Getting rid of makeup, dirt and impurities before bed is a must, but post-snooze there isn't much to wash off. "Washing in the morning may wake you up, but it's generally not necessary," says Dr. Baumann.

▪▪▪ Water should be lukewarm. Extreme temps can irritate skin and lead to dryness and broken capillaries—those tiny red dots that sometimes pop up in clusters around the nose.

▪▪▪ Swap your cleanser for a scrub or exfoliating wash like St. Ives Naturally Clear Blemish and Blackhead Control Apricot Face Wash, $4, two or three times a week to jump-start cell turnover. More often than that is going overboard, says Dr. Baumann.

▪▪▪ The drier your skin, the creamier the wash you need. Feeling tight or parched? Try L'Oréal Paris Go 360 Clean Deep Cream Cleanser, $7, which comes with a built-in "scrublet." If you're oil-prone, go for light frothy washes, such as Ambi Even & Clear Foaming Cleanser, $7.

Bikini top, Oakley, $40, oakley.com

INSIDER TIP *IF YOUR SKIN IS SENSITIVE (RED OR ACNE-PRONE), SKIP EXFOLIATING ALTOGETHER.*

MOST PEOPLE PREFER FOAMING CLEANSERS, BUT ONLY USE THEM ON OILY SKIN—THEY CAN BE DRYING, SAYS DR. BAUMANN.

Hair: George Ortiz for L'Oréal Professionnel. Makeup: Emily Kate Warren using MAC Cosmetics

WHAT COMES AFTER CLEANSING IS JUST AS IMPORTANT—SUNSCREEN DURING THE DAY, ANTI-AGING MOISTURIZERS AT NIGHT.

INSIDER TIP
UNSURE OF YOUR SKIN TYPE? TAKE A QUIZ TO FIND OUT AT SKINTYPESOLUTIONS.COM.

bodywise

For a just-right allover rinse, try these tips:

- **Limit showering time. Derms say 5 to 10 minutes is long enough—more than that can actually rob skin of moisture.**
- **If you get breakouts on your back, try using a 2% salicylic acid wash like Neutrogena Body Clear Body Wash, $7, on affected areas.**
- **When you've been applying sunscreen all day use a gentle scrub to loosen and remove any sticky residue. Aveeno Positively Nourishing Smoothing Body Wash, $6, contains supersmooth grains that won't aggravate, and it has a refreshing scent.**
- **Gently pat yourself dry with a towel—the friction from rubbing makes you lose important lipids from skin that help prevent water from evaporating, says Heidi A. Waldorf, M.D., a dermatologist in New York City. Slather on lotion immediately after bathing, while skin is slightly damp.**

Bikini, Voda Swim, $109, vodaswim.com

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Ready to Rethink
your treatment for osteoporosis?
I did.
I asked about Reclast.
Ariadne W., Cadillac, MI
Novartis spokesperson and
actual patient since 2007
Go to www.reclast.com to
hear more stories like Ariadne's

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Think Reclast

Reclast is a bisphosphonate like Fosamax,® Actonel® and Boniva.® With oral bisphosphonate treatments, only a fraction of the medicine gets to the bone with each dose, so you have to take them more frequently.

With Reclast, it's possible to significantly increase your bone mass without taking weekly or monthly osteoporosis pills. Reclast is the only once-yearly osteoporosis treatment, and is given through an IV by a doctor or nurse for at least 15 minutes.

How It Works

One annual dose, along with daily calcium and vitamin D, helps to increase bone density, protecting and strengthening your bones.

Reclast is given through an IV. It bypasses your stomach to go directly through the bloodstream to the bones, fortifying them and making them stronger for an entire year.

What to Expect

The benefits of Reclast last for a year. Most common side effects don't. The most common side effects include flu-like symptoms, fever, muscle or joint pain, headache, nausea, vomiting and diarrhea. Most occur within 1–3 days of treatment and can last up to 7–14 days. If you've taken oral bisphosphonates or have been treated with Reclast in the past, you are less likely to experience side effects. Taking a mild pain reliever like acetaminophen up to 3 days after treatment may reduce these symptoms.

The Cost

The average cost of a Reclast treatment is under $60 if you've already paid your yearly deductible. That's less than the annual cost of other drugs — including generics! As Reclast is an infusion, costs are covered by Medicare Part B, not Medicare Part D.

Talk to Your Doctor

Only your doctor can determine if Reclast is right for you. Ask your doctor about Reclast today.

Prescription Reclast is approved to treat postmenopausal osteoporosis.

Important Safety Information:

You should not take Reclast if you're on Zometa® (zoledronic acid) Injection because it contains the same active ingredient. Additionally, you should not take Reclast if you are pregnant, plan to become pregnant, you are nursing, have low blood calcium, kidney problems, or are allergic to Reclast.

It's important to drink fluids before getting Reclast to help prevent kidney problems. Tell your doctor if you have dental problems because rarely, problems with the jaw have been reported with Reclast. Discuss all medicines you are taking, including prescription and non-prescription drugs, vitamins and herbal supplements. If you develop severe bone, joint, or muscle pain, numbness, tingling or muscle spasms, contact your doctor.

OVER ONE MILLION INFUSIONS WORLDWIDE

Reclast®
(zoledronic acid) injection
5 mg/100 mL for infusion

1-866-Reclast www.reclast.com

Please see next page for a brief summary of Important Product Information.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088. If you don't have prescription coverage and can't afford your medicines, log onto www.pap.novartis.com or call 1-800-245-5356.

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Register at **familycircle.com/walk2010**

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FIRST-PLACE WINNER

The individual who logs the next highest number of miles will win a NordicTrack Incline Trainer X7i, the first-exercise equipment with built-in wireless Internet and iFit Live powered by Google Maps.

*From *Family Circle*, see page 202 for details.

Family Circle, in collaboration with the American Heart Association's Start! initiative, has developed the Family Circle/American Heart Association Start! Walking Challenge to help you live a longer stronger life through more physical activity and better nutrition. For more information about AHA and Start! **visit startwalkingnow.org**

START! is nationally sponsored by:
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Important Patient Information

Reclast® (zoledronic acid) injection™ | (Re-clast)

WHAT IS RECLAST?

Reclast is a prescription medication used to treat osteoporosis in women after menopause.

If your doctor prescribes Reclast, you will be given one intravenous (IV) treatment of Reclast for at least 15 minutes to help reduce the risk of osteoporosis-related fractures for twelve months.

WHO SHOULD NOT USE RECLAST?

Anyone who has low blood calcium, is allergic to Reclast, or takes Zometa® (zoledronic acid) Injection should not take Reclast.

WHAT SHOULD I BE AWARE OF BEFORE TAKING RECLAST?

- Reclast contains the same active ingredient found in Zometa. Therefore, if you are being treated with Zometa, you should not take Reclast.
- You should take calcium and vitamin D daily as directed by your doctor.
- If you have low blood calcium, have had parathyroid, thyroid, or intestinal surgery, or have malabsorption syndrome, talk to your doctor.
- Patients with kidney problems should not take Reclast. Your doctor may perform a simple blood test to check your kidney function before administering Reclast.

WHAT SHOULD I BE AWARE OF BEFORE TAKING RECLAST? *(continued)*

- Rarely, jaw bone problems have been reported in patients treated with drugs in this class, including Reclast. Your doctor should give you a routine oral exam prior to prescribing Reclast.
- If you are pregnant, Reclast may cause harm to your baby. Therefore, you should not take Reclast if you are pregnant, plan to become pregnant or nursing.
- Infrequently, severe incapacitating bone, joint, or muscle pain may occur. Tell your doctor if you experience any of these symptoms.

WHAT ARE THE MOST COMMON SIDE EFFECTS OF RECLAST?

The most common side effects include:

- flu-like illness
- fever
- muscle or joint pain
- headache
- nausea
- vomiting
- diarrhea

Most occur in the days following treatment. A mild pain reliever such as acetaminophen may reduce these symptoms.

For a complete list of Reclast's possible side effects, ask your doctor.

WHAT SHOULD I KNOW ABOUT TAKING RECLAST WITH OTHER MEDICATION?

- You should not take Reclast if you are taking Zometa.
- Tell your doctor about any antibiotics that you are currently taking. Certain antibiotics called aminoglycosides may lower your blood calcium for a long period of time.
- You should tell your doctor if you take diuretics.

STILL HAVE QUESTIONS?

This is only a summary of important information. Ask your doctor for more complete product information, or

- Call 1-866-RECLAST, or
- Visit www.reclast.com.

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Got Sagging Skin?

"Facial sculpting creams are definitely this year's hottest new product."

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or visit www.strivectin.com

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OUT OF AFRICA

The Safari trend is having its moment in the sun—just don't forget to spice up your look with plenty of ethnic embellishments. Shirt, Echo, $58. Capris, Esprit, $49.50. Belt, Cocobelle, $108. Beaded necklace, Cocobelle, $28. Wooden necklaces *(top to bottom)*, Agabhumi, $36, $16, $22. Bangles and ring, SURevolution, $20/each and $45.

Urban JUNGLE

With a nod to Africa, Asia and South America, summer style takes a tribal turn with exotic prints, primitive accessories and fierce animal patterns tempered by great safari basics.

BY JULI ALVAREZ

SHOT ON LOCATION AT ALMOND SMUGGLERS COVE, ST. LUCIA

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CULTURE CLUB

A long jersey dress in a traditional batik print is both elegant and wearable when paired with a Berber-inspired flat for maximum movement.
Dress, T-Bags, $207. Sandals, American Eagle Outfitters, $29.50. Earrings, R.J. Graziano, $75. Necklaces *(top to bottom)*, Loft, $34.50; Agabhumi, $28. *(Left hand)* Bracelet, Agabhumi, $12. *(Right)* Yellow cuff, Cocobelle, $28; Black cuff, Agabhumi, $14.

photography by **Karen Pearson**

QUEEN OF THE JUNGLE

Natural elements like raffia and wood are the perfect partners for a bold animal-print top. Top, Loft, $44.50. Pants, Talbots, $79.50. Hat, Echo, $38. Flower pins, Loft, $12.50 (small), $14.50 (large). Necklace, H&M, $30. Belt, Loft, $29.50. Ring, SURevolution, $90. Bag, Bujji Baja, $142.

BOHO BAZAAR

Cargoes are the pants of choice for summer. These go from basic to bohemian with a metal-beaded Moroccan vest and jeweled thongs. Vest, Esprit, $129.50. Tank, H&M, $13. Cargoes, American Eagle Outfitters, $39.50. Scarf, Martin + Osa, $69.50. Bag, Cappelli Straworld, $27. Sandals, Coconuts by Matisse, $59. *(Left hand)* Gold bangles, R.J. Graziano, $28 (medium), $28/set of 5 (thin); raffia bangle, Ben-Amun by Isaac Manevitz, $15. *(Right)* Two-toned bangle, Ben-Amun by Isaac Manevitz, $95; thin bangles, Bombay Fashions, $20/set of 5.

TO TIE-DYE FOR

Play mix-master when combining prints, with compatible colors that pull the look together for a fun, folkloric style. Top, Sienna Rose, $34.50. Shorts, Martin + Osa, $69.50. Earrings, Agabhumi, $36. Scarf, Martin + Osa, $69.50. Necklace, R.J. Graziano, $55. *(Left hand, top to bottom)* Bangles, Ted Rossi, $65; Ben-Amun by Isaac Manevitz, $95; Agabhumi, $10; Lenora Dame, $40. *(Right)* Bangles, Colette Malouf, $148 each.

Hair: George Ortiz for L'Oréal Professionnel. Makeup: Emily Kate Warren using MAC Cosmetics.

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Not recommended for use on unfinished, unsealed, unpainted, waxed, oiled or worn surfaces. Test a small area first.

WILD KINGDOM

Tame an exotic zebra print with a utilitarian blouson top. A cross-cultural mix of accessories adds nomadic appeal. Top, Song Valerie Gregori Mckenzie, $138. Skirt, the Limited, $69.50. Sandals, Sam Edelman, $99. Hat, San Diego Hat Co., $54. Earrings, Mark, $14. *(Left hand)* Brass bead bangle, SURevolution, $35; thin bangles, Rosena Sammi, $50/pair. *(Right)* Metal bracelet, SURevolution, $95; thin bangles, Rosena Sammi, $50/pair.

Bipolar depression doesn't just affect you.
It can consume you.

SEROQUEL XR is an option proven effective for treating bipolar depression.

It's easy to feel like you're fading into the background when you're living with bipolar depression. SEROQUEL XR has been proven to work alone to effectively treat bipolar depression. And for many people, it's just one pill, once a day. Bipolar depression doesn't have to consume you. Talk to your doctor. Understand your options. And discuss whether XR—SEROQUEL XR—is right for you. To learn more, visit seroquelXR.com

Important Safety Information About SEROQUEL XR

Elderly patients with dementia-related psychosis (having lost touch with reality due to confusion and memory loss) treated with this type of medicine are at an increased risk of death, compared to placebo (sugar pill). SEROQUEL XR is not approved for treating these patients.

Antidepressants have increased the risk of suicidal thoughts and actions in some children, teenagers, and young adults. Patients of all ages starting treatment should be watched closely for worsening of depression, suicidal thoughts or actions, unusual changes in behavior, agitation, and irritability. Families and caregivers should watch patients daily and report these symptoms immediately to the physician. SEROQUEL XR is not approved for patients under the age of 18 years.

- High blood sugar and diabetes have been reported with SEROQUEL XR and medicines like it. If you have diabetes or risk factors such as obesity or a family history of diabetes, ask your doctor about checking your blood sugar before starting SEROQUEL XR and regularly throughout treatment. If you develop symptoms of high blood sugar or diabetes, such as excessive thirst or hunger, increased urination, or weakness, contact your doctor. Complications from diabetes can be serious and even life threatening.
- Increases in triglycerides and in LDL (bad) cholesterol and decreases in HDL (good) cholesterol have been reported with SEROQUEL XR. Your doctor should check your cholesterol levels before you start SEROQUEL XR and during therapy.
- Weight gain has been reported with SEROQUEL XR. Your doctor should check your weight regularly.
- A rare, but potentially fatal, side effect reported with SEROQUEL XR and medicines like it is neuroleptic malignant syndrome (NMS). Tell your doctor if you have very high fever; rigid muscles; shaking; confusion; sweating; changes in pulse, heart rate, or blood pressure; or muscle pain and weakness because treatment should be stopped if you have NMS.
- Another serious side effect reported with SEROQUEL XR and medicines like it is tardive dyskinesia (TD)—uncontrollable movements of the face, tongue, or other parts of the body. TD may become permanent, and the risk of TD is believed to increase as the length of time on and the amount of these medications increase. While TD can develop in patients taking low doses for short periods, this is much less common. There is no known treatment for TD, but it may go away partially or completely if treatment is stopped.
- Before starting treatment, tell your doctor if you have high prolactin levels or have a history of, or are at risk for, seizures or a low white blood cell (WBC) count. An eye exam for cataracts is recommended at the beginning of treatment and every 6 months thereafter.
- Other risks include feeling dizzy or lightheaded upon standing, or having trouble swallowing. Tell your doctor if you experience any of these.
- Suicidal thoughts or actions may occur; tell your doctor if you have thoughts about death or suicide.
- Since drowsiness has been reported with SEROQUEL XR, you should not participate in activities such as driving or operating machinery until you know that you can do so safely. Avoid drinking alcohol while taking SEROQUEL XR because SEROQUEL XR increases the effects of alcohol. Avoid becoming overheated or dehydrated while taking SEROQUEL XR.
- Common side effects: The most common side effects are drowsiness, dry mouth, increases in cholesterol and triglycerides, constipation, upset stomach, dizziness, a sudden drop in blood pressure upon standing, weight gain, increased hunger, tiredness, increases in blood sugar, difficulty speaking, and stuffy nose.

This is not a complete summary of safety information. Please discuss the full Prescribing Information for prescription SEROQUEL XR with your health care provider.

Indications

SEROQUEL XR is a once-daily tablet approved to treat acute depressive episodes in bipolar disorder; acute manic or mixed episodes in bipolar disorder alone or when added to lithium or divalproex; and long-term maintenance of bipolar disorder when added to lithium or divalproex.

Please see Brief Summary, including Boxed Warnings, on adjacent pages.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

For a free doctor conversation guide, visit seroquelXR.com or call 1-866-331-3010.

If you're without prescription coverage and can't afford your medication, AstraZeneca may be able to help. For more information, please visit seroquelXR.com

Bipolar depression doesn't have to consume you.

Once-daily
SEROQUEL XR®
quetiapine fumarate
extended-release tablets

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AstraZeneca

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IMPORTANT INFORMATION ABOUT SEROQUEL XR (SER-oh-kwell)

Please read this summary carefully before you start taking SEROQUEL XR and each time you get a refill. There may be new information.
No advertisement can provide all the information needed to determine if a drug is right for you or take the place of careful discussions with your health care provider. Only your health care provider has the training to weigh the risks and benefits of a prescription drug.

What is the most important information I should know about SEROQUEL XR?

Serious side effects may happen when you take SEROQUEL XR, including:

- **Risk of death in the elderly with dementia: Medicines like SEROQUEL XR can raise the risk of death in elderly people who have lost touch with reality due to confusion and memory loss (dementia).** SEROQUEL XR is not approved for treating psychosis in the elderly with dementia.
- **Risk of suicidal thoughts or actions: Antidepressant medicines, depression and other serious mental illnesses, and suicidal thoughts or actions:**
  1. **Antidepressant medicines may increase suicidal thoughts or actions in some children, teenagers, and young adults within the first few months of treatment.**
  2. **Depression and other serious mental illnesses are the most important causes of suicidal thoughts and actions. Some people may have a particularly high risk of having suicidal thoughts or actions.** These include people who have (or have a family history of) depression, bipolar illness (also called manic-depressive illness), or suicidal thoughts or actions.
  3. **How can I watch for and try to prevent suicidal thoughts and actions in myself or a family member?**
     - Pay close attention to any changes, especially sudden changes, in mood, behaviors, thoughts, or feelings. This is very important when an antidepressant medicine is started or when the dose is changed.
     - Call the health care provider right away to report new or sudden changes in mood, behaviors, thoughts, or feelings.
     - Keep all follow-up visits with the health care provider as scheduled. Call the health care provider between visits as needed, especially if you have concerns about symptoms.

Call a health care provider right away if you or your family member has any of the following symptoms, especially if they are new, worse, or worry you:

- thoughts about suicide or dying
- attempts to commit suicide
- new or worse depression
- new or worse anxiety
- feeling very agitated or restless
- panic attacks
- trouble sleeping (insomnia)
- new or worse irritability
- acting aggressive, being angry, or violent
- acting on dangerous impulses
- an extreme increase in activity and talking (mania)
- other unusual changes in behavior or mood

What else do I need to know about antidepressant medicines?

- **Never stop an antidepressant medicine without first talking to your health care provider.** Stopping an antidepressant medicine suddenly can cause other symptoms.
- **Antidepressants are medicines used to treat depression and other illnesses.** It is important to discuss all the risks of treating depression and also the risks of not treating it. Patients and their families or other caregivers should discuss all treatment choices with the health care provider, not just the use of antidepressants.
- **Antidepressant medicines have other side effects.** Talk to the health care provider about the side effects of the medicine prescribed for you or your family member.
- **Antidepressant medicines can interact with other medicines.** Know all of the medicines that you or your family member take. Keep a list of all medicines to show the health care provider. Do not start new medicines without first checking with your health care provider.
- **Not all antidepressant medicines prescribed for children are FDA approved for use in children.** Talk to your child's health care provider for more information.

What is SEROQUEL XR?

SEROQUEL XR is a prescription medicine used to treat bipolar disorder in adults, including:

- manic episodes associated with bipolar disorder alone or with lithium or divalproex.
- depressive episodes associated with bipolar disorder.
- long-term treatment of bipolar I disorder with lithium or divalproex.

SEROQUEL XR is not approved for patients under 18 years of age.

What are the symptoms of Bipolar Disorder?

- General symptoms of bipolar disorder include: extreme mood swings, along with other specific symptoms and behaviors. These mood swings, or "episodes," include manic (highs) and depressive (lows).
- Common symptoms of a manic episode include: feeling extremely happy, being very irritable, restless, talking too fast and too much, and having more energy and needing less sleep than usual.
- Common symptoms of a depressive episode include: feelings of sadness or emptiness, increased tearfulness, a loss of interest in activities you once enjoyed, loss of energy, difficulty concentrating or making decisions, feelings of worthlessness or guilt, changes in sleep or appetite and
- Thoughts of death or suicide.

What should I tell my health care provider before taking SEROQUEL XR?

Before taking SEROQUEL XR, tell your health care provider if you have or have had:

- diabetes or high blood sugar in you or your family: your health care provider should check your blood sugar before you start SEROQUEL XR and also during therapy
- high levels of total cholesterol, triglycerides or LDL-cholesterol or low levels of HDL-cholesterol
- low or high blood pressure
- low white blood cell count
- cataracts
- seizures
- abnormal thyroid tests
- high prolactin levels
- heart problems
- liver problems
- any other medical condition
- pregnancy or plans to become pregnant. It is not known if SEROQUEL XR will harm your unborn baby
- breast-feeding or plans to breast-feed. It is not known if SEROQUEL XR will pass into your breast milk. You and your health care provider should decide if you will take SEROQUEL XR or breast-feed. You should not do both.

Tell the health care provider about all the medicines that you take or recently have taken including prescription medicines, non-prescription medicines, herbal supplements and vitamins.

SEROQUEL XR and other medicines may affect each other causing serious side effects. SEROQUEL XR may affect the way other medicines work, and other medicines may affect how SEROQUEL XR works.

Especially tell your health care provider if you take or plan to take medicines for:

- depression
- high blood pressure
- Parkinson's disease
- trouble sleeping

Also tell your health care provider if you take or plan to take any of these medicines:

- phenytoin, divalproex or carbamazepine (for epilepsy)
- barbiturates (to help you sleep)
- rifampin (for tuberculosis)
- glucocorticoids (steroids for inflammation)
- thioridazine (an antipsychotic)
- ketoconazole, fluconazole or itraconazole (for fungal infections)
- erythromycin (an antibiotic)
- protease inhibitors (for HIV)

This is not a complete list of medicines that can affect or be affected by SEROQUEL XR. Your doctor can tell you if it is safe to take SEROQUEL XR with your other medicines. Do not start or stop any medicines while taking SEROQUEL XR without talking to your health care provider first. Know the medicines you take. Keep a list of your medicines to show your health care provider and pharmacist when you get a new medicine.

For more information about **SEROQUEL XR**, visit **www.SEROQUELXR.com** or call **1-800-236-9933**.

SEROQUEL XR®
quetiapine fumarate
extended-release tablets
50, 150, 200, 300 & 400 mg

AstraZeneca

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How should I take SEROQUEL XR?

- Take SEROQUEL XR exactly as your health care provider tells you to take it. Do not change the dose yourself.
- Take SEROQUEL XR by mouth, with a light meal or without food.
- SEROQUEL XR should be swallowed whole and not split, chewed or crushed.
- If you feel you need to stop SEROQUEL XR, talk with your health care provider first.

If you suddenly stop taking SEROQUEL XR, you may experience side effects such as trouble sleeping or trouble staying asleep (insomnia), nausea, and vomiting.

- If you miss a dose, take it as soon as you remember. If it is close to the next dose, skip the missed dose. Just take the next dose at your regular time. Do not take 2 doses at the same time unless your health care provider tells you to. If you are not sure about your dosing, call your health care provider.
- If you take too much SEROQUEL XR, call your health care provider or poison control center at 1-800-222-1222 right away or go to the nearest hospital emergency room.

What should I avoid while taking SEROQUEL XR?

Do not drive, operate machinery, or do other dangerous activities until you know how SEROQUEL XR affects you. SEROQUEL XR may make you drowsy.

- Avoid getting over-heated or dehydrated.
  - Do not over-exercise.
  - In hot weather, stay inside in a cool place if possible.
  - Stay out of the sun. Do not wear too much or heavy clothing.
  - Drink plenty of water.
- Do not drink alcohol while taking SEROQUEL XR. It may make some side effects of SEROQUEL XR worse.

What are possible side effects of SEROQUEL XR?

Also see "What is the most important information I should know about SEROQUEL XR?" at the beginning of this document.

Serious side effects have been reported with SEROQUEL XR including:

- **Neuroleptic malignant syndrome (NMS):** Tell your health care provider right away if you have some or all of the following symptoms: high fever, stiff muscles, confusion, sweating, changes in pulse, heart rate, and blood pressure. These may be symptoms of a rare and serious condition that can lead to death. Stop SEROQUEL XR and call your health care provider right away.
- **High blood sugar (hyperglycemia):** Increases in blood sugar can happen in some people who take SEROQUEL XR. Extremely high blood sugar can lead to coma or death. If you have diabetes or risk factors for diabetes (such as being overweight or a family history of diabetes) your health care provider should check your blood sugar before you start SEROQUEL XR and during therapy.
  Call your health care provider if you have any of these symptoms of high blood sugar while taking SEROQUEL XR:
  - feel very thirsty
  - need to urinate more than usual
  - feel very hungry
  - feel weak or tired
  - feel sick to your stomach
  - feel confused, or your breath smells fruity.
- **High cholesterol and triglyceride levels in the blood (fat in the blood)** Increases in total cholesterol, triglycerides and LDL (bad) cholesterol and decreases in HDL (good) cholesterol have been reported in clinical trials with SEROQUEL XR. You may not have any symptoms, so your health care provider should do blood tests to check your cholesterol and triglyceride levels before you start taking SEROQUEL XR and during therapy.
- **Increase in weight (weight gain):** Weight gain has been seen in patients who take SEROQUEL XR so you and your health care provider should check your weight regularly.
- **Tardive dyskinesia:** Tell your health care provider about any movements you cannot control in your face, tongue, or other body parts. These may be signs of a serious condition. Tardive dyskinesia may not go away, even if you stop taking SEROQUEL XR. Tardive dyskinesia may also start after you stop taking SEROQUEL XR.
- **Orthostatic hypotension (decreased blood pressure):** lightheadedness or fainting caused by a sudden change in heart rate and blood pressure when rising too quickly from a sitting or lying position.
- **Increases in blood pressure:** reported in children and teenagers. Your health care provider should check blood pressure in children and adolescents before starting SEROQUEL XR and during therapy. SEROQUEL XR is not approved for patients under 18 years of age.
- **Low white blood cell count**
- **Cataracts**
- **Seizures**
- **Abnormal thyroid tests:** Your health care provider may do blood tests to check your thyroid hormone level.
- **Increases in prolactin levels:** Your health care provider may do blood tests to check your prolactin levels.
- **Increases in liver enzymes:** Your health care provider may do blood tests to check your liver enzyme levels.
- **Long lasting and painful erection**
- **Difficulty swallowing**

Common possible side effects with SEROQUEL XR include:

- drowsiness
- dry mouth
- constipation
- dizziness
- increased appetite
- upset stomach
- weight gain
- fatigue
- disturbance in speech and language
- abdominal pain
- stuffy nose

These are not all the possible side effects of SEROQUEL XR. For more information, ask your health care provider or pharmacist.

Call your health care provider for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store SEROQUEL XR?

- Store SEROQUEL XR at room temperature, between 59°F to 86°F (15°C to 30°C).
- Keep SEROQUEL XR and all medicines out of the reach of children.

What are the ingredients in SEROQUEL XR?

Active ingredient: quetiapine fumarate

Inactive ingredients: lactose monohydrate, microcrystalline cellulose, sodium citrate, hypromellose, and magnesium stearate. The film coating for all SEROQUEL XR tablets contain hypromellose, polyethylene glycol 400 and titanium dioxide. In addition yellow iron oxide (50, 200 and 300 mg tablets) and red iron oxide (50 tablets) are included in the film coating of specific strengths.

General information about SEROQUEL XR

Do not take SEROQUEL XR unless your health care provider has prescribed it for you for your condition. Do not share SEROQUEL XR with other people, even if they have the same condition. It may harm them.

NOTE: This summary provides important information about SEROQUEL XR. For more information about SEROQUEL XR, talk with your health care provider or pharmacist or call 1-800-236-9933. You can ask your health care provider for full Prescribing Information about SEROQUEL XR that is written for health care providers and discuss it with him or her.

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For more information about **SEROQUEL XR**, visit **www.SEROQUELXR.com** or call **1-800-236-9933**.

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health

smart ways to live well • strategies for eating right • easy fitness plans

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150 / Health Care 101

true blue

When it comes to sun safety, a simple change of clothes may help. Deep blue or red cotton fabrics shield your skin from UV light better than paler shades, like yellow, says a new study. The thinking is that darker dyes cause clothing fibers to become more compact, increasing the level of protection from harmful rays.

SHOT ON LOCATION AT ALMOND SMUGGLERS COVE, ST. LUCIA

123

Hair: George Ortiz for L'Oréal Professionnel. Makeup: Emily Kate Warren using MAC Cosmetics. Dress, Market, $40, market-ts.com. Necklace and cuff, Sequin, $78 and $150, 212-398-7363.

photography by **Karen Pearson**

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Q+A

Should I store my medical information—and my family's—in an electronic personal health record (PHR)?

Yes. "Everyone should," says W. Ed Hammond, Ph.D., director of the Center for Health Informatics at Duke Medical School in Durham, North Carolina. "PHRs can help you manage diseases, doctor's appointments and more by organizing info in one place and making it easy to share [when you want to]." Since there are different types, visit the nonprofit site myphr.com to find an option that meets your needs. Web-based models (as opposed to software) are most convenient, since they work on multiple computers and smartphones, but study the company's security policy to be sure your info won't be given to third parties, like insurers or advertisers. Google Health (google.com/health) and Microsoft HealthVault (healthvault.com) offer free PHRs. Others that charge a fee might provide more features.

GAME TIME

Get fit while having fun: Playing sports video games on the Nintendo Wii burns as many calories as exercising at a moderate intensity, says recent Japanese research. If you have a Wii system, challenge your kid to a game that has you moving your body to score points, like **Ubisoft's new Racquet Sports** (major retailers, $30).

ENERGY BOOSTER

Need a pick-me-up? Sip on this summery citrus blend from *The Everything Juicing Book* (Adams Media), a new collection of fruit and veggie drink recipes that may help ward off exhaustion and other common health concerns, like weak bones, thin nails, hair loss, acne and stress.

ULTIMATE "C" ENERGIZER

» Why It Works
When your body isn't absorbing enough iron from the foods you eat, fatigue may set in. But this juice mix pumps you up with vitamin C, a nutrient that helps you process iron better.

» Ingredients
2 oranges
½ pink grapefruit
½ lemon
(all peeled)

» Directions
Juice oranges and grapefruit. Juice lemon. Stir.

» Calories per Serving (1½ cups) 189

TO GET THE JOB DONE Find a juicer at amazon.com ($20 and up) or use a blender—just be prepared to strain out the pulp.

GUT REACTION

Colon cancer, the third deadliest cancer in the U.S. after lung and breast cancer, is often found after symptoms appear. Call your doctor if you notice any of these signs:

- **Bloody stool**
- **Diarrhea or constipation for more than 2 weeks**
- **Narrow stool (potential signal of an obstruction)**
- **Gas, bloating or cramps that last over 2 weeks**

FACT Getting a colonoscopy by age 50 (earlier if you're at high risk due to family history, obesity, intestinal conditions or other factors) reduces the risk of dying from colon cancer by 90%.

MOMster

CHAT WITH A SURVIVOR
Learn how Thea Wilson, a 51-year-old nurse in St. Petersburg, Florida, discovered, treated and beat colon cancer with the support of her husband, Tom, and 9-year-old daughter, Anna, by visiting momster.com/fc/theawilson

Photo (juice): Caste/SoFood/Corbis. Illustration: Kali Ciesemier.

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VESIcare helps reduce urges and leaks. So you can be hunting for bargains, instead of always hunting for bathrooms.

If your internal plumbing doesn't work as well as it should, VESIcare can help. After all, you don't always have to let an overactive bladder get in the way of what you like to do. Once-daily VESIcare has been proven to significantly reduce frequent, sudden urges and leaks. That's because it helps control your bladder muscle, day and night. Ask your doctor today about taking care with VESIcare.

Important Safety Information

VESIcare is for urgency, frequency, and leakage (overactive bladder). VESIcare is not for everyone. If you have certain stomach or glaucoma problems, or trouble emptying your bladder, do not take VESIcare. Tell your doctor right away if you have a serious allergic reaction, severe abdominal pain, or become constipated for three or more days. VESIcare may cause blurred vision, so use caution while driving or doing unsafe tasks until you know how VESIcare affects you. Common side effects are dry mouth, constipation, and indigestion.

Please see important patient information on the following page.

FREE TRIAL OFFER

Call (800) 403-6565 or visit vesicare.com and you'll receive:

- Useful information about overactive bladder
- Free trial offer*

*Subject to eligibility. Restrictions may apply.

Take care with VESIcare® (solifenacin succinate) tablets

Partnership for Prescription Assistance

If you don't have prescription coverage, visit pparx.org, or call 1-888-4PPA-NOW (1-888-477-2669)

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

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Patient Information
VESIcare® – (VES-ih-care)
(solifenacin succinate)

Read the Patient Information that comes with VESIcare before you start taking it and each time you get a refill. There may be new information. This leaflet does not take the place of talking with your doctor or other healthcare professional about your condition or treatment. Only your doctor or healthcare professional can determine if treatment with VESIcare is right for you.

What is VESIcare?
VESIcare is a prescription medicine used in adults to treat the following symptoms due to a condition called overactive bladder:
- Having to go to the bathroom too often, also called "urinary frequency,"
- Having a strong need to go to the bathroom right away, also called "urgency,"
- Leaking or wetting accidents, also called "urinary incontinence."

VESIcare has not been studied in children.

What is overactive bladder?
Overactive bladder occurs when you cannot control your bladder contractions. When these muscle contractions happen too often or cannot be controlled, you can get symptoms of overactive bladder, which are urinary frequency, urinary urgency, and urinary incontinence (leakage).

Who should NOT take VESIcare?
Do not take VESIcare if you:
- are not able to empty your bladder (also called "urinary retention"),
- have delayed or slow emptying of your stomach (also called "gastric retention"),
- have an eye problem called "uncontrolled narrow-angle glaucoma,"
- are allergic to VESIcare or any of its ingredients. See the end of this leaflet for a complete list of ingredients.

What should I tell my doctor before starting VESIcare?
Before starting VESIcare tell your doctor or healthcare professional about all of your medical conditions including if you:
- have any stomach or intestinal problems or problems with constipation,
- have trouble emptying your bladder or you have a weak urine stream,
- have an eye problem called narrow-angle glaucoma,
- have liver problems,
- have kidney problems,
- are pregnant or trying to become pregnant (It is not known if VESIcare can harm your unborn baby.),
- are breastfeeding (It is not known if VESIcare passes into breast milk and if it can harm your baby. You should decide whether to breastfeed or take VESIcare, but not both.).

Before starting on VESIcare, tell your doctor about all the medicines you take including prescription and nonprescription medicines, vitamins, and herbal supplements. While taking VESIcare, tell your doctor or healthcare professional about all changes in the medicines you are taking including prescription and nonprescription medicines, vitamins and herbal supplements. VESIcare and other medicines may affect each other.

How should I take VESIcare?
Take VESIcare exactly as prescribed. Your doctor will prescribe the dose that is right for you. Your doctor may prescribe the lowest dose if you have certain medical conditions such as liver or kidney problems.
- You should take one VESIcare tablet once a day.
- You should take VESIcare with liquid and swallow the tablet whole.
- You can take VESIcare with or without food.
- If you miss a dose of VESIcare, begin taking VESIcare again the next day. Do not take 2 doses of VESIcare in the same day.
- If you take too much VESIcare or overdose, call your local Poison Control Center or emergency room right away.

What are the possible side effects with VESIcare?
The most common side effects with VESIcare are:
- blurred vision. Use caution while driving or doing dangerous activities until you know how VESIcare affects you.
- dry mouth.
- constipation. Call your doctor if you get severe stomach area (abdominal) pain or become constipated for 3 or more days.
- heat prostration. Heat prostration (due to decreased sweating) can occur when drugs such as VESIcare are used in a hot environment.

Tell your doctor if you have any side effects that bother you or that do not go away.
These are not all the side effects with VESIcare. For more information, ask your doctor, healthcare professional or pharmacist.

How should I store VESIcare?
- Keep VESIcare and all other medications out of the reach of children.
- Store VESIcare at room temperature, 50° to 86°F (15° to 30°C). Keep the bottle closed.
- Safely dispose of VESIcare that is out of date or that you no longer need.

General information about VESIcare
Medicines are sometimes prescribed for conditions that are not mentioned in patient information leaflets. Do not use VESIcare for a condition for which it was not prescribed. Do not give VESIcare to other people, even if they have the same symptoms you have. It may harm them.
This leaflet summarizes the most important information about VESIcare. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about VESIcare that is written for health professionals. You can also call (800) 727-7003 toll free, or visit www.VESICARE.com.

What are the ingredients in VESIcare?
Active ingredient: solifenacin succinate
Inactive ingredients: lactose monohydrate, corn starch, hypromellose 2910, magnesium stearate, talc, polyethylene glycol 8000 and titanium dioxide with yellow ferric oxide (5 mg VESIcare tablet) or red ferric oxide (10 mg VESIcare tablet)

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Deerfield, Illinois 60015-2548
Marketed and Distributed by:
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Got teens or tweens? Then check out Momster.com, a new social networking site where moms trade advice about parenting, discuss issues they're passionate about or sometimes, just all-out rant. (Yes, we go there.) Whether you need help with something specific—say, dealing with bullying, or enforcing rules—or could just use a good laugh, **Momster.com** is the place to be.

MOMster
We raise tweens and teens

• The *Family Circle* Roundtable

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Here's a wonderful way to pamper a body from head to toe. This Snuggle Set includes a lavender-scented neck wrap and a pair of snuggle boots. Heat in a microwave to warm sore muscles and banish winter's chill. Relax tense, aching muscles with our Lavender Wrap. Simply warm it in your microwave and prepare to be seriously pampered. The soft snuggle boots are like a mini spa for aching feet. You save $9.95 over the price of buying them individually. Plush polyester chenille covers. Inserts contain rice, flax seed, natural lavender, clove, and chamomile. Lavender wrap is 24 5/8"L×4 1/4"W. Snuggle boots fit women's sizes 5-11. Covers are machine-washable.

Item #37-266 $39.95.

To order: Call Gardener's Supply **888-403-0327** or visit **readershopping.com**. Please mention source code ALTRM223.

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by Jane Bianchi

BEE PREPARED

If your tween or teen (or anyone, for that matter) gets stung by a bee, act quickly so she feels better faster. First, remove the stinger; less venom (what causes the pain and sometimes an allergic reaction) will enter the body. Then clean the area with soap and water, and rub antiperspirant over it—sounds odd, but many brands contain aluminum compounds that may reduce the effect of the venom. Consider giving your kid an antihistamine to keep the reaction from spreading. Finally, apply a cold pack to the site for 10 minutes then calamine lotion or a paste made of baking soda and water to ease swelling.

RED FLAGS

Go straight to the ER if your child breaks out in hives, vomits, has difficulty breathing, gets stung inside the nose or mouth, or has 10 or more stings at once.

Source: Alan Greene, M.D., professor of pediatrics at Stanford University School of Medicine in California

FOOD FOR THOUGHT

Before you serve your child white bread, chew on this: At least half the grains kids eat should be whole, according to the Dietary Guidelines for Americans. But most children end up with just 10%, says a new University of Minnesota study. Since good-for-you grains contain filling fiber and other key nutrients, sneak them in throughout the day.

AT BREAKFAST » oatmeal or whole-grain waffles
AT LUNCH » barley soup or whole-grain crackers
FOR A SNACK » popcorn or whole-grain tortilla chips
AT DINNER » brown rice or whole-grain pasta

"BY THE WAY..." When you visit the pediatrician, don't wait until she's wrapping up the appointment to bring up a critical point—even if it's embarrassing. Doctors call these last-minute comments the doorknob moments. Mention concerns early, as they could affect the diagnosis or treatment. Source: The Smart Parent's Guide to Getting Your Kids Through Checkups, Illnesses and Accidents (Free Press)

CRASH COURSE

Exploring on an all-terrain vehicle (ATV) may be fun, but it can be dangerous. A new study shows that for kids, overall injury rates have doubled and severe spine injuries have quadrupled since 1997. Today's vehicles are more powerful than ever. "Old-school ATVs went 5 to 10 mph, now some reach 100 mph," says Jeffrey R. Sawyer, M.D., assistant professor of orthopedics at University of Tennessee-Campbell Clinic in Memphis and the study's lead author. To avoid rollovers and crashes, enforce these safety tips.

➜ **SIZE IT UP** Kids aren't strong enough to handle adult models. Find a small, light one appropriate for your child's age and weight at an ATV dealer.
➜ **PURCHASE PROTECTIVE GEAR** Your kid should wear long sleeves, pants and over-the-ankle boots to guard against debris. Buy a helmet, goggles and gloves designed for ATV-riding at your dealer.
➜ **SIGN HIM UP FOR TRAINING** Find a course near you at atvsafety.org. Classes are often free if you recently bought an ATV, or cost $55 to $150.
➜ **CREATE A NO-PAVEMENT RULE** ATVs are built for rough terrain—they are harder to control on roads and sidewalks.
➜ **FORBID RIDING TANDEM** If your kid's ATV has only one seat, don't let anyone hop on the back. Passengers are more likely to get injured than drivers.
➜ **VISIT ATVSAFETY.GOV** Learn your state's laws, like minimum ages and supervision requirements.

Photos (from top): Jenny Acheson/Getty Images; Jason Todd/Corbis.

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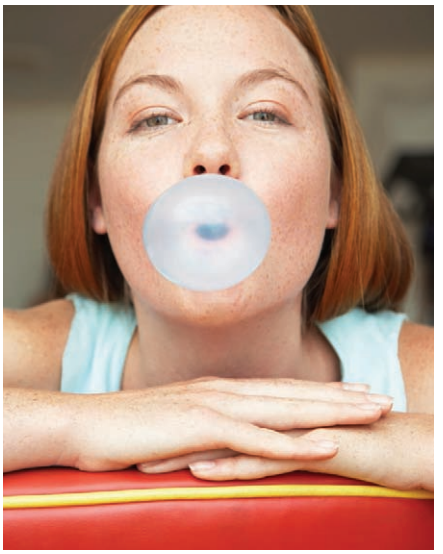

BELLY BUSTER

CHEW ON THIS

A piece of gum can help you eat less and burn more calories. In a new study people who chewed a sugar-free variety in the morning consumed 67 fewer calories at lunch. Plus, those who had a stick before and after breakfast burned 5% more calories throughout the day than those who didn't. Experts believe chewing stimulates nerves in the jaw that send signals to your brain that you're full.

FC WEIGHS IN

SWEAT IT, LATIN STYLE

GRADE: A

Zumba, a new high-energy aerobic routine, includes a little bit of everything—dance and interval and resistance training—all set to Latin music. A one-hour class can burn up to 1,000 calories, and the moves are simple enough that even beginners will get in step, says certified instructor Gina Grant. Find a Zumba Fitness class near you, or try it at home by ordering a book and fitness DVD set ($25) at zumba.com/us.

Get in the groove—move along to a Zumba video at familycircle.com/zumba

HOW I LOST IT

Cindy Gilbert, 50, Gettysburg, Pennsylvania.
Dropped 204 pounds. *Cindy followed the Nutrisystem plan.*

» **I walk uphill.** I walk 5 miles on the treadmill every day. I don't go very fast—3 miles per hour—but I amp it up by setting the incline to at least 5 degrees.

» **I eat two big salads every day.** Whether I make lunch and dinner at home or eat out—or even if I have to pick up fast food—I always start my meal with a salad so I eat less of my entrée.

» **I stay active—even on vacation.** I plan trips that involve exercise. I research bike rentals and hiking trails before we go.

Want to share your weight-loss story? E-mail dietsuccess@familycircle.com. Please include photos. Check out more successes at familycircle.com/howilostit

PREVIOUS WEIGHT 329

CURRENT WEIGHT 125

Photo (woman blowing bubble): Tomas Rodriguez/Corbis.

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LOVE EATING OUT? Tell yourself at the beginning of the meal that you only need half and ask your server for a take-out bag as soon as you're done. This will prevent you from picking at your plate and provide you with some lovely leftovers for tomorrow. Visualize your outcome. Cut a picture of the dress you like out of a magazine or tape up a picture of you in your skinny cut jeans on the fridge. Whatever you're aiming for, make sure it's somewhere you can see it and make sure it's a realistic goal. Mind over menu.

Eating out while trying to stay on track can be pretty challenging. Avoid overdoing your order by picking your meal ahead of time. Many restaurants have their menus available on their websites. Figure out what you want to fill up on and you'll be ready to avoid temptation come dinnertime. Pre-game for parties. If you've got a party coming up, don't fret over getting off track. Instead, fill up on a healthy meal before you go. You'll have less of an appetite for greasy appetizers and still be able to enjoy the festivities. Prevent idle hands. Being in front of the television is one of the biggest reasons people forget about portion control.

To avoid bad snacking throughout a show, give your hands something else to do. Take up knitting, fill in a crossword or fold some laundry—the more your hand

Stair step your goals. Having just one big goal may be a few small goals along the way, like going to the gym three days in a week or eating a vegetable at every meal. Small accomplish more rewarding perience more. Chances are the help make the whole kitchen each day the mo/chen going to be tempted to grab a bite to eat. As soon as finish with each meal, clean your house and turn off thghts. Tell yourself that the kid and you wrote ractice of g a journal ing. Also ne day. It will e you an idea of what's working where your routine could use improvement. Be your biggest fan. If you got yourself on, then one will. Take some time each ike about yourself mirror and point out three thi looking/using or what tive will give)" mess. Stress can sab

11 **Wheat Thins**® Originals for 90 calories

17 **Special K**™ Crackers for 90 calories

WHEN IT COMES TO 90 CALORIES, **SPECIAL K**™ CRACKERS GIVE YOU MORE TO LOVE.

For 90 calories you get 17 crunchy crackers for a delicious way to manage your weight.

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*With added vitamins and minerals, including Vitamin E. Silk Pure Almond™ Vanilla has 90 calories per serving.

Deliciously nutritious.
For just 60 calories.

Introducing new Pure Almond, from Silk®. Smooth and creamy all natural almondmilk – free of dairy or lactose – that powers you up with antioxidants. In Original and Vanilla Flavor.

Silk® **Strength in Every Pour™**

SilkPureAlmond.com

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SLIM DOWN, SHAPE UP

If you've been walking with us the last two months, then you're just 30 days away from your best body ever. And for the newcomers, no worries, you're not too late to join our Family Circle/American Heart Association Start! Walking Challenge. You'll boost your energy, strength and confidence while trimming your waistline. Interested? Begin by visiting familycircle.com/walk2010. This month you could drop as many as 10 pounds (that's one or two dress sizes) and lower your BMI. Our energizing walks and delicious healthy eating guide make it easy—and fun. Walk on!

SHOT ON LOCATION AT ALMOND SMUGGLERS COVE, ST. LUCIA

photography by **Karen Pearson**

Hair: George Ortiz for L'Oréal Professionnel. Makeup: Emily Kate Warren using MAC Cosmetics. Top and pants, Champion, $36 and $30, championusa.com. Sneakers, Asics, $100, asics.com.

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LOWER YOUR BMI

by Leslie Sansone

The first two months of our plan focused on reducing blood pressure and decreasing your cholesterol levels. (Missed them? Just go to familycircle.com/walk2010.) Next up is ridding yourself of those remaining pounds (and some body fat) to bring down your body mass index (BMI). Walking is one of the best ways to accomplish that. And the really good news is that fitness walking also increases the amount of muscle in your body, so you'll be burning more calories throughout the day—even while sitting still.

Leslie Sansone, group exercise leader, designed the walking plan below.

BOOT-CAMP-STYLE PLAN A sure way to lower your BMI is to add short intense bursts of activity into your walks. You can do this by tackling some inclines. Powering up stairs or hills engages the glutes (your backside) and quads/hamstrings (your thighs), and strengthening these major muscles results in big calorie burn. So find yourself a good set of stairs, a hilly route or even just a curb and get moving.

Climbing Session

Outdoor stairs or hills in your neighborhood: *Work them into your walk. After every 5 or 10 minutes go up and down once. Try for 4 flights or 4 hills spread out throughout the walk.*

Stairs at home: *Hit the stairs at home at the end of your walk. Take them up 2 at a time and then come down slowly. Repeat 4 times.*

No stairs or hills nearby: *Using a curb, step up and down for about 10 minutes. Lead with your right foot for 5 minutes and then your left for another 5.*

WEEK 1

monday, wednesday, friday	Walk 3 miles in 45 minutes. Add a ***Climbing Session.***
tuesday, thursday	Walk for 10 minutes before each meal. (Your goal is a total of at least 30 minutes of walking.)

WEEK 2

monday, wednesday, friday	Walk 2 miles and do a ***Climbing Session.***
tuesday, thursday	Walk 4 miles. Clock yourself and try to finish in 60 minutes or less!

WEEK 3

monday, wednesday, friday	Walk 3 miles. If your route does not have hills, drive to one that does. Even a small incline demands the legs do more work.
tuesday, thursday	Head out in the A.M. and P.M. Walk 15 minutes in the morning and 15 minutes before dinner. Cover 1 mile each time.

WEEK 4

monday, wednesday, friday	Walk 4 miles and add a ***Climbing Session.***
tuesday, thursday	Walk 2 miles in under 30 minutes.

WEEKEND WALKS

When your workout plans get sidetracked, just reschedule: Do your Tuesday walk on Saturday and your Friday walk on Sunday. As long as you fit in 5 workouts in a 7-day period, you'll be well on your way to a healthy BMI. And on those weeks when you stick to the Monday through Friday schedule, push yourself a little more and go for a really long walk or hike (1 to 2 hours) on Saturday or Sunday. Then give yourself a well-deserved pat on your ever-shrinking backside.

Photo (woman running): Karen Pearson. Makeup: George Ortiz for L'Oréal Professionnel. Makeup: Emily Kate Warren using MAC Cosmetics. Shot on location at Almond Smugglers Cove, St. Lucia.

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Yes, it's whole grain.

Take the Barilla Whole Grain Taste Challenge today and experience the same great taste that was put to the test in 8 million homes last year.

If you don't love it, you'll get a free box of your favorite Barilla pasta.*

~ TryBarillaWholeGrain.com ~

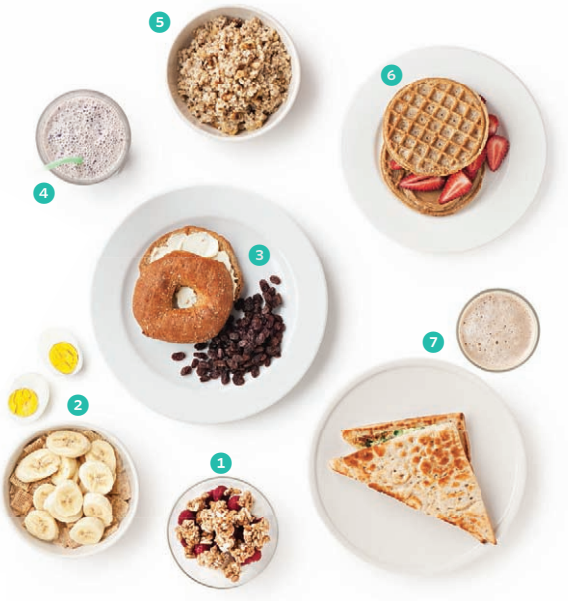
*Offer good for one (1) complimentary 1 lb. box of regular Barilla Pasta. Proof of Purchase Required. Limit one (1) offer per person, household or mailing address and subject to satisfying eligibility requirements. Right is reserved to confirm identity. Offer starts 5/10/10 and ends 10/31/10. Requests must be postmarked by 11/15/10. Visit www.TryBarillaWholeGrain.com for official rules and further details. Void where prohibited or restricted. ©2010 Barilla America Inc.

THREE EASY WAYS TO LOSE WEIGHT

by Sally Kuzemchak, R.D.

Our plan incorporates proven strategies to help you drop pounds. 1. Fill up on big portions of low-calorie foods. 2. Eat frequently to ward off low-blood-sugar crashes. 3. Keep a cap on calories—key to successful weight loss. This plan provides around 1,500 per day. Choose a breakfast, lunch, dinner and some sweet treats (stick with one if you want to drop pounds, two if you're maintaining).

BREAKFASTS ▼



1 Yogurt Parfait
Layer 6-ounce cup 2% honey-flavored Greek-style yogurt, 1 cup fresh or frozen raspberries and ½ cup Kashi GoLean Crunch cereal in a glass (you can prepare this the night before and cover with plastic wrap).
352 calories; 4.5 g fat; 9 g fiber

2 More Than Just Cereal
1 cup fiber-rich cereal (such as Multi-Bran Chex) with ½ cup fat-free milk and ½ medium banana, sliced; 1 hard-boiled egg.
370 calories; 7 g fat; 9 g fiber

3 Bagelicious
One 3-ounce whole-grain bagel spread with 1 Laughing Cow Light cheese wedge; ¼ cup raisins.
343 calories; 5 g fat; 8 g fiber

4 Feel-Full Smoothie
Combine 1 packet No-Sugar Vanilla Carnation Instant Breakfast, 1 cup fat-free milk, 1 tablespoon almond butter and ½ cup fresh or frozen blueberries in a blender until smooth.
338 calories; 14 g fat; 8 g fiber

5 Maple-Walnut Oatmeal
½ cup steel-cut oats made with 1 cup fat-free milk. Mix in 1 tablespoon *each* maple syrup and chopped walnuts.
330 calories; 7 g fat; 4 g fiber

6 Peanut Butter Wafflewich
Spread a whole-grain waffle with 1 tablespoon natural peanut butter, layer on ½ cup sliced strawberries and top with a second waffle.
350 calories; 14 g fat; 6 g fiber

On the Go

7 Dunkin' Donuts Egg White Turkey Sausage Flatbread; Lite Latte
360 calories; 6 g fat; 3 g fiber

The best breakfast combines a fiber-rich carb like fruit or whole grains with a protein source such as eggs, nuts or dairy.

MORE THAN A SNACK.®

You're doing **MORE** these days, so why not pick a snack that gives you **MORE**? Ounce for ounce Blue Diamond® Whole Natural Almonds have

- **MORE** iron than spinach
- **MORE** fiber than any other nut
- **MORE** potassium than bananas
- 13 essential nutrients in all
- Zero Cholesterol

FOR COMPLETE NUTRITIONAL DATA REFER TO: USDA NATIONAL NUTRIENT DATABASE FOR STANDARD REFERENCE, RELEASE 19, 2006
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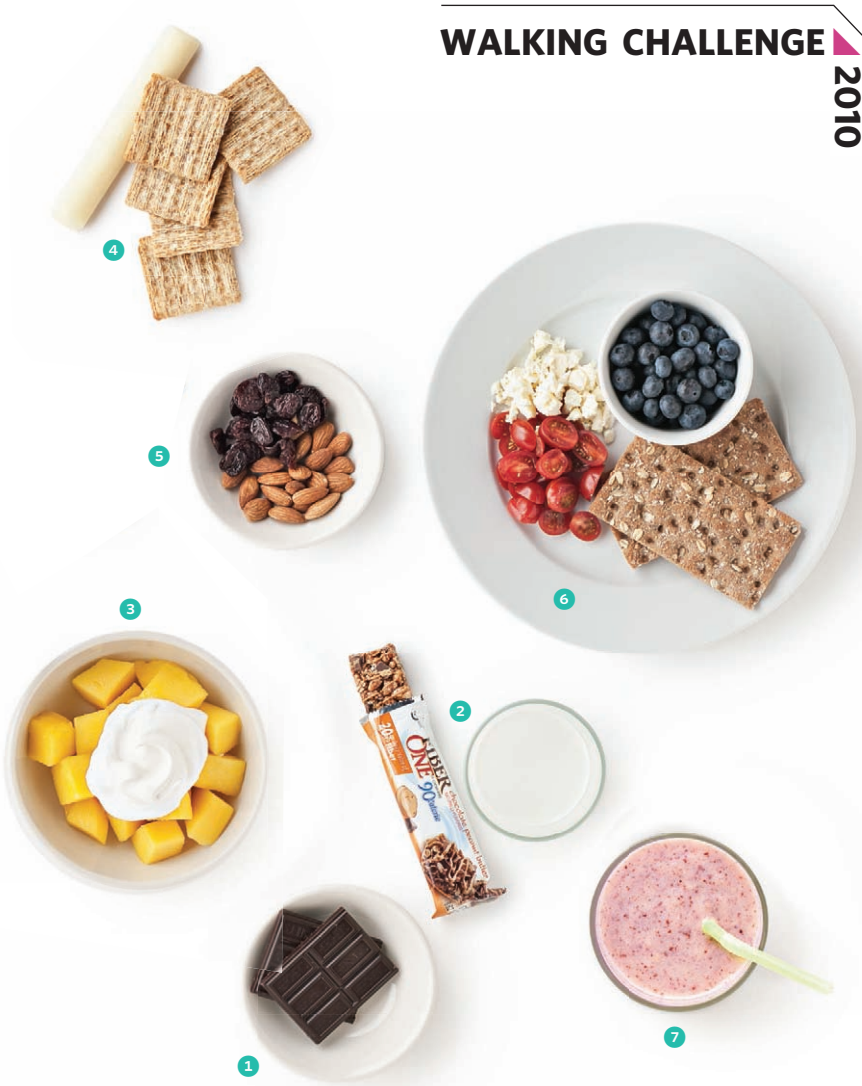

Nuts and dried fruit are healthy and filling but high in calories. Portion them out into small zip-top bags—and prepare several at a time so they're ready to grab throughout the week.

SNACKS

1 Chocolate Fix
3 small blocks of Hershey's Extra Dark Pure Dark Chocolate.
160 calories; 13 g fat; 4 g fiber

2 Chewy Bar with Milk
Fiber One 90-Calorie Bar; 1 cup fat-free milk.
170 calories; 2 g fat; 5 g fiber

3 Frozen Fruit Treat
1 cup frozen mango (or any other frozen fruit you like) chunks topped with ½ cup fat-free whipped topping.
180 calories; 0 g fat; 4 g fiber

4 Cheese and Crackers
1 part-skim string cheese stick; 5 regular Triscuits.
180 calories; 10 g fat; 3 g fiber

5 Simple Trail Mix
2 teaspoons *each* raw almonds and dried cherries.
156 calories; 9 g fat; 6 g fiber

6 Tomato & Feta Crispbreads
2 whole-grain crispbread crackers (like Wasa or Ryvita) topped with ¼ cup sliced cherry tomatoes and 2 tablespoons feta cheese; ½ cup blueberries.
178 calories; 4.5 g fat; 6 g fiber

On the Go

7 Strawberry Nirvana smoothie at Jamba Juice
150 calories; 0 g fat; 3 g fiber

(continued)

Photos (both pages): Andrew McCaul. Food styling: Sara Neumeier.

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Are your child's ADHD symptoms controlled after the last school bell?

Visit vyvanse.com to save $50 off your first prescription.

Restrictions may apply.

Please see Important Safety Information and Brief Summary of Full Prescribing Information on adjacent pages.

CONSISTENTLY Vyvanse™ (lisdexamfetamine dimesylate) capsules

VYV-01350 12/09

MEDICATION GUIDE

VYVANSE®(lisdexamfetamine dimesylate) CII

Read the Medication Guide that comes with Vyvanse before you or your child starts taking it and each time you get a refill. There may be new information. This Medication Guide does not take the place of talking to your doctor about you or your child's treatment with Vyvanse.

What is the most important information I should know about Vyvanse?
Vyvanse is a stimulant medicine. The following have been reported with use of stimulant medicines.

1. Heart-related problems:

- **sudden death in patients who have heart problems or heart defects**
- **stroke and heart attack in adults**
- **increased blood pressure and heart rate**

Tell your doctor if you or your child have any heart problems, heart defects, high blood pressure, or a family history of these problems.

Your doctor should check you or your child carefully for heart problems before starting Vyvanse.

Your doctor should check you or your child's blood pressure and heart rate regularly during treatment with Vyvanse.

Call your doctor right away if you or your child has any signs of heart problems such as chest pain, shortness of breath, or fainting while taking Vyvanse.

2. Mental (Psychiatric) problems:

All Patients

- **new or worse behavior and thought problems**
- **new or worse bipolar illness**
- **new or worse aggressive behavior or hostility**

Children and Teenagers

- **new psychotic symptoms (such as hearing voices, believing things that are not true, are suspicious) or new manic symptoms**

Tell your doctor about any mental problems you or your child have, or about a family history of suicide, bipolar illness, or depression.

Call your doctor right away if you or your child have any new or worsening mental symptoms or problems while taking Vyvanse, especially seeing or hearing things that are not real, believing things that are not real, or are suspicious.

What Is Vyvanse?

Vyvanse is a central nervous system stimulant prescription medicine. **It is used for the treatment of Attention-Deficit Hyperactivity Disorder (ADHD).** Vyvanse may help increase attention and decrease impulsiveness and hyperactivity in patients with ADHD.

Vyvanse should be used as a part of a total treatment program for ADHD that may include counseling or other therapies.

Vyvanse is a federally controlled substance (CII) because it can be abused or lead to dependence. Keep Vyvanse in a safe place to prevent misuse and abuse. Selling or giving away Vyvanse may harm others, and is against the law.

Tell your doctor if you or your child have (or have a family history of) ever abused or been dependent on alcohol, prescription medicines or street drugs.

Who should not take Vyvanse?

Vyvanse should not be taken if you or your child:

- have heart disease or hardening of the arteries
- have moderate to severe high blood pressure
- have hyperthyroidism
- have an eye problem called glaucoma
- are very anxious, tense, or agitated
- have a history of drug abuse
- are taking or have taken within the past 14 days an anti-depression medicine called a monoamine oxidase inhibitor or MAOI
- is sensitive to, allergic to, or had a reaction to other stimulant medicines

Vyvanse has not been studied in children less than 6 years old. Vyvanse is not recommended for use in children less than 3 years old.

Vyvanse may not be right for you or your child. Before starting Vyvanse tell your or your child's doctor about all health conditions (or a family history of) including:

- heart problems, heart defects, high blood pressure
- mental problems including psychosis, mania, bipolar illness, or depression
- tics or Tourette's syndrome
- liver or kidney problems
- thyroid problems
- seizures or have had an abnormal brain wave test (EEG)

Tell your doctor if you or your child is pregnant, planning to become pregnant, or breastfeeding.

Can Vyvanse be taken with other medicines?

Tell your doctor about all of the medicines that you or your child take including prescription and non-prescription medicines, vitamins, and herbal supplements. Vyvanse and some medicines may interact with each other and cause serious side effects. Sometimes the doses of other medicines will need to be adjusted while taking Vyvanse.

Your doctor will decide whether Vyvanse can be taken with other medicines.

Especially tell your doctor if you or your child takes:

- anti-depression medicines including MAOIs
- anti-psychotic medicines
- lithium
- blood pressure medicines
- seizure medicines
- narcotic pain medicines

Know the medicines that you or your child takes. Keep a list of your medicines with you to show your doctor and pharmacist.

Do not start any new medicine while taking Vyvanse without talking to your doctor first.

How should Vyvanse be taken?

- **Take Vyvanse exactly as prescribed.** Vyvanse comes in 6 different strength capsules. Your doctor may adjust the dose until it is right for you or your child.
- Take Vyvanse once a day in the morning.
- Vyvanse can be taken with or without food.
- From time to time, your doctor may stop Vyvanse treatment for a while to check ADHD symptoms.
- Your doctor may do regular checks of the blood, heart, and blood pressure while taking Vyvanse. Children should have their height and weight checked often while taking Vyvanse. Vyvanse treatment may be stopped if a problem is found during these check-ups.
- **If you or your child takes too much Vyvanse or overdoses, call your doctor or poison control center right away, or get emergency treatment.**

What are possible side effects of Vyvanse?

See **"What is the most important information I should know about Vyvanse?"** for information on reported heart and mental problems.

Other serious side effects include:

- slowing of growth (height and weight) in children
- seizures, mainly in patients with a history of seizures
- eyesight changes or blurred vision

Common side effects include:

- upper belly pain
- dizziness
- irritability
- nausea
- weight loss
- decreased appetite
- dry mouth
- trouble sleeping
- vomiting

Vyvanse may affect your or your child's ability to drive or do other dangerous activities.

Talk to your doctor if you or your child has side effects that are bothersome or do not go away.

This is not a complete list of possible side effects. Ask your doctor or pharmacist for more information.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store Vyvanse?

- Store Vyvanse in a safe place at room temperature, 59 to 86° F (15 to 30° C). Protect from light.
- **Keep Vyvanse and all medicines out of the reach of children.**

General information about Vyvanse

Medicines are sometimes prescribed for purposes other than those listed in a Medication Guide. Do not use Vyvanse for a condition for which it was not prescribed. Do not give Vyvanse to other people, even if they have the same condition. It may harm them and it is against the law.

This Medication Guide summarizes the most important information about Vyvanse. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about Vyvanse that was written for healthcare professionals. For more information about Vyvanse, please contact Shire US Inc. at 1-800-828-2088.

What are the ingredients in Vyvanse?

Active Ingredient: lisdexamfetamine dimesylate

Inactive Ingredients: microcrystalline cellulose, croscarmellose sodium, and magnesium stearate. The capsule shells contain gelatin, titanium dioxide, and one or more of the following: D&C Red #28, D&C Yellow #10, FD&C Blue #1, FD&C Green #3, and FD&C Red #40.

This Medication Guide has been approved by the U.S. Food and Drug Administration.

© 2009 Shire US Inc. US Pat No. 7,105,486 and US Pat No. 7,223,735

Last Modified: 05/2009 VYV-01080

Shire

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Vyvanse: Shown to provide consistent ADHD symptom control even at 13 hours after taking.

7:00 AM
Ate breakfast and took Vyvanse®

12:00 PM
Paid attention in my English class.

5:00 PM
Focused on my science homework.

8:00 PM
Read a fairy tale with mom before bed.

CONSISTENTLY

Vyvanse™ (lisdexamfetamine dimesylate) capsules C II

In a clinical study of children with ADHD, Vyvanse was shown to provide ADHD symptom control at 90 minutes after taking.

Ask the doctor about Vyvanse.
1-866-630-1283, vyvanse.com

Vyvanse is indicated for the treatment of ADHD. Efficacy based on two controlled trials in children aged 6 to 12 and one controlled trial in adults.

IMPORTANT SAFETY INFORMATION

Vyvanse is a stimulant medicine. Abuse of stimulants may lead to dependence. Misuse of stimulants may cause sudden death and serious cardiovascular adverse events. These events have also been reported rarely with stimulant use.

Tell the doctor about any heart conditions, including structural abnormalities, that you, your child, or a family member, may have. Inform the doctor ***immediately*** if you or your child develops symptoms that suggest heart problems, such as chest pain or fainting.

Vyvanse should not be taken if you or your child has advanced disease of the blood vessels (arteriosclerosis); symptomatic heart disease; moderate to severe high blood pressure; overactive thyroid gland (hyperthyroidism); known allergy or unusual reactions to drugs called sympathomimetic amines (for example, pseudoephedrine); glaucoma; a history of problems with alcohol or drugs; agitated states; taken a monoamine oxidase inhibitor (MAOI) within the last 14 days.

Tell the doctor ***before*** taking Vyvanse if you or your child is being treated for or has symptoms of depression (sadness, worthlessness, or hopelessness) or bipolar disorder; has abnormal thoughts or visions, hears abnormal sounds, or has been diagnosed with psychosis; has had seizures or abnormal EEGs; has or has had high blood pressure; exhibits aggressive behavior or hostility. Tell the doctor ***immediately*** if you or your child develops any of these conditions or symptoms while taking Vyvanse.

Talk to your health care provider if your child experiences slowing of growth (height and weight). Children should have their height and weight checked periodically while taking Vyvanse. Your health care provider may stop Vyvanse treatment if a problem is found during these check-ups.

The most common side effects reported in studies of Vyvanse were upper belly pain, dry mouth, weight loss, irritability, vomiting, nausea, dizziness, trouble sleeping and decreased appetite.

Aggression, new abnormal thoughts/behaviors, mania, growth suppression, worsening of motion or verbal tics, and Tourette's syndrome have been associated with use of drugs of this type. Tell the doctor if you or your child has blurred vision while taking Vyvanse.

Please see Patient Brief Summary of Full Prescribing Information on the previous page.

Shire ©2009 Shire US Inc. VYV-00661 09/09

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

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When out for sushi choose items like vegetable rolls and sashimi. Stay away from high-fat options such as tempura or anything stuffed with cream cheese or mayo.

LUNCHES

1 Sushi Takeout
California roll with low-sodium soy sauce; ¾ cup edamame.
384 calories; 10 g fat; 5 g fiber

2 Sweet & Savory Sandwich
1 Arnold Whole Wheat Sandwich Thin spread with 1 teaspoon honey and 2 teaspoons mustard and filled with 2 ounces deli turkey, 1 ounce brie and half an apple (sliced); 1 cup baby carrots.
393 calories; 10 g fat; 10 g fiber

3 Rice & Veggie Bowl
Amy's Brown Rice & Vegetables Bowl; one 100-calorie yogurt; 1 cup sliced strawberries.
409 calories; 9 g fat; 8 g fiber

4 Veggie Chicken Sandwich
1 vegetarian chicken patty (such as Morningstar Farms) on a whole-wheat hamburger bun with lettuce and tomato, spread with a mixture of 2 teaspoons mustard and 1 teaspoon flaxseed; 1 cup red or green grapes.
373 calories; 8 g fat; 8 g fiber

5 Chef's Salad
2 cups mixed greens topped with 1 ounce *each* chopped deli turkey and ham, 2 tablespoons crumbled blue cheese, ½ cup *each* chopped tomato and cucumber, and 2 tablespoons low-fat Italian salad dressing; 2 whole-grain fiber crackers; 1 small peach.
366 calories; 14 g fat; 9 g fiber

6 Refried Bean and Cheese Quesadilla
Spread ¼ cup fat-free refried beans on 1 whole-wheat tortilla, sprinkle with ¼ cup shredded reduced-fat cheddar cheese, heat in toaster oven or broiler until melted, fold in half and cut into triangles; 1 ounce baked tortilla chips; 1 cup watermelon chunks/balls.
420 calories; 10 g fat; 8 g fiber

On the Go

7 McDonald's Grilled Chicken Ranch Snack Wrap; 1% Milk Jug
370 calories; 14 g fat; 1 g fiber

Photos (both pages): Andrew McCaul. Food styling: Sara Neumeier.

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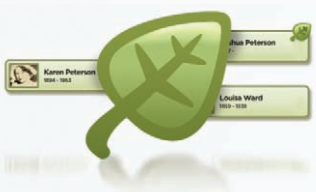
Your family's story

has never been easier

to find.



Ancestry.com has made it easier than ever for you to find your family across generations. How easy? Just watch.

Start with what you know. Then look for the leaf.

Add your name to your family tree, then your parents, your grandparents. And the search is on. An instant hunt through four billion records. When we find something, you get a leaf. A little green clue that points you in the right direction.

See actual documents from census records to photographs.

grandfather. The one who lived in Virginia in 1915 and had three children: Masie, Edward and William. The one you can see in census

Search billions of records in just seconds.

records and documents from WWI—with your own eyes.

We have everything from newspaper stories, to ship's passenger lists, to records bearing the actual signatures of your ancestors. Scanned, one by one, so you can see every detail.

But, you don't want every "John Smith" that history has ever known. You want the "John Smith" who was your

That's the fun of it. You never know what your next discovery will be. But you can start finding out right now.

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Who will you discover?

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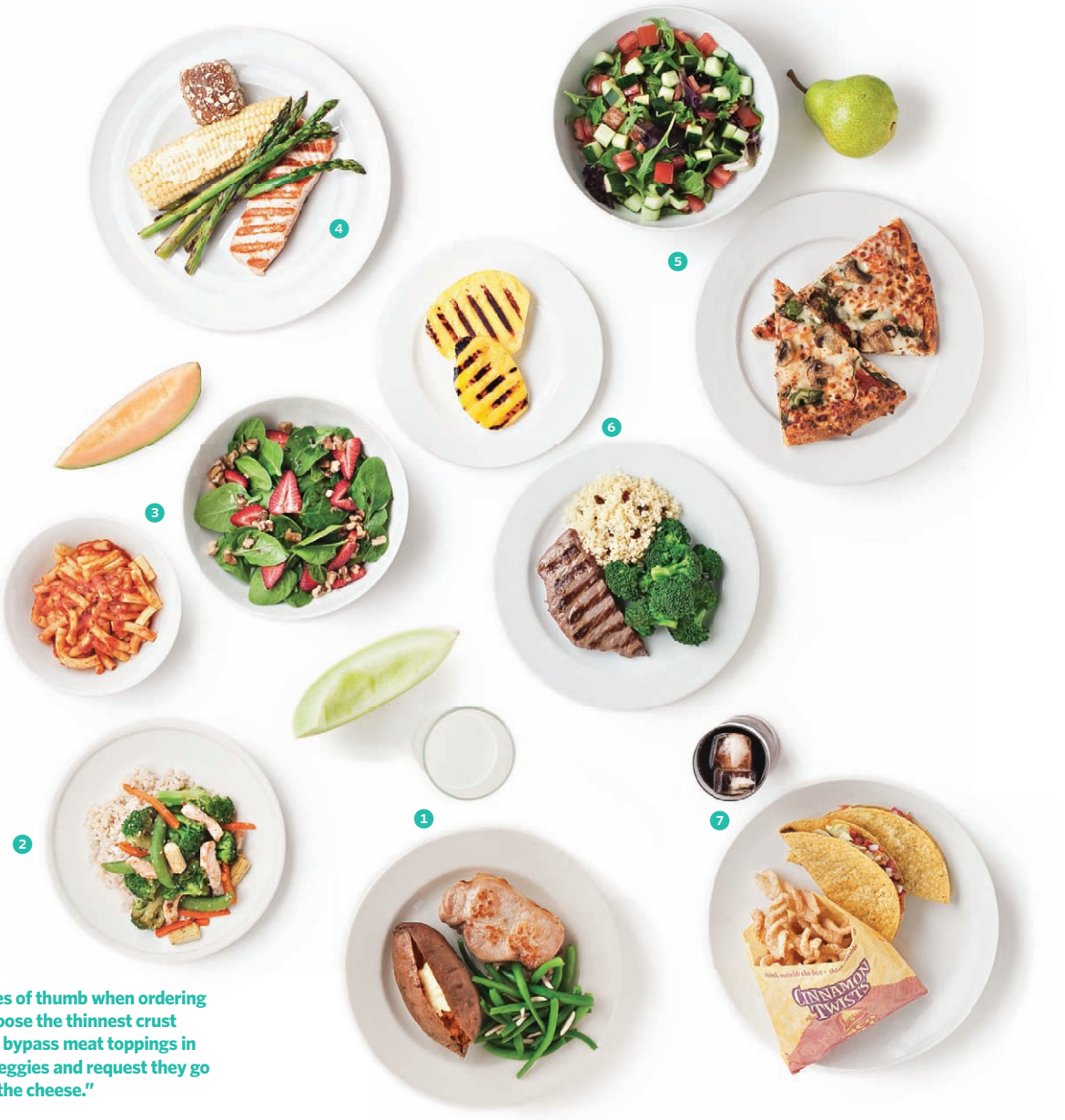

Some rules of thumb when ordering pizza: Choose the thinnest crust available, bypass meat toppings in favor of veggies and request they go "easy on the cheese."

DINNERS

1 Pork Chop Meal
4-ounce baked center-cut pork chop; 1 medium baked sweet potato with 2 teaspoons trans-free margarine; 1 cup steamed green beans with 1 tablespoon slivered almonds; 1 cup fat-free milk; 1 wedge honeydew.
513 calories; 13 g fat; 10 g fiber

2 Sesame Chicken Stir-Fry
3 ounces sliced chicken stir-fried in 1 teaspoon sesame oil with 2 teaspoons sesame seeds, ¼ bag frozen stir-fry vegetables and 2 tablespoons stir-fry sauce; 1 cup brown rice.
503 calories; 12 g fat; 5 g fiber

3 Three Cheese Ziti
Weight Watchers Smart Ones Three Cheese Ziti Marinara; 2 cups baby spinach topped with ½ cup sliced strawberries and 2 tablespoons *each* walnuts and low-fat balsamic vinaigrette; 1 wedge cantaloupe.
480 calories; 18 g fat; 10 g fiber

4 Grilled Salmon
3 ounces salmon and 6 asparagus spears, tossed in 1 teaspoon olive oil, grilled; 1 medium ear of corn with 2 teaspoons trans-free margarine; 1-ounce whole-grain roll.
500 calories; 23 g fat; 12 g fiber

5 Pizza Delivery
2 slices of a large pizza topped with mushrooms and spinach; 2 cups mixed greens with ½ cup *each* chopped tomatoes and cucumbers and 2 tablespoons reduced-fat salad dressing; 1 medium pear.
490 calories; 7 g fat; 10 g fiber

6 Flank Steak with Couscous
3 ounces grilled flank steak; 1 cup couscous made with low-sodium vegetable broth and tossed with 1 tablespoon raisins; 1 cup steamed broccoli with 1 teaspoon trans-free margarine; ½ medium grilled mango.
468 calories; 9 g fat; 12 g fiber

On the Go
7 2 Fresco Crunchy Tacos from Taco Bell; 1 Cinnamon Twist; 1 diet soda
470 calories; 21 g fat; 7 g fiber

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SCRAPES AND BRUISES ARE PART OF GROWING UP.

BUT SOME THINGS DON'T HAVE TO BE.

As your preteen grows up, he or she will continue to need your protection. So it's important to know about the diseases that can affect your son or daughter:

- **HPV (human papillomavirus):** the virus that can cause cervical cancer, genital warts, and other HPV-related diseases
- **BACTERIAL MENINGITIS:** a very serious infection of the brain and spinal cord lining
- **WHOOPING COUGH:** a highly contagious, prolonged respiratory tract infection
- **CHICKENPOX:** a viral infection that causes fever and an itchy rash, which can turn into blisters

AT YOUR CHILD'S NEXT DOCTOR'S VISIT, ASK WHAT YOU CAN DO TO HELP.

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WALK & WIN

Visit **familycircle.com/walk2010** every day to sign up for our 12-week walking newsletter and to enter how far you've walked. The readers who log the most miles will win a seven-night family vacation or incline trainer (see below). Everyone also has the opportunity to walk away with one of our daily prizes, like sneakers, tees, capris, tanks, workout gear and more. Read the rules on page 202.

GRAND PRIZE

The reader who walks the farthest during the 12-week challenge wins a seven-night family vacation to Occidental Grand Xcaret in Riviera Maya, Mexico, courtesy of Apple Vacations. This all-inclusive resort boasts winding river channels, free-form pools and a private beach with powder-soft white sand. ($5,000 value)

FIRST PLACE

The first-place finisher will win a NordicTrack Incline Trainer X7i, the first exercise equipment with built-in wireless Internet and iFit Live powered by Google Maps. With its 7-inch high-resolution color touchscreen, you can watch your progress as you run the New York City Marathon route through Central Park or hike the Grand Canyon—without leaving your living room. ($2,999 value)

DAILY WINNERS

Enter every day to win fantastic prizes, including exercise apparel, gear and accessories. We're giving away sneakers from Nike, Saucony, New Balance and other great brands. If you need new workout clothes, you won't want to miss the free tees, capris, pants and jackets. You can also win fitness accessories like a pedometer, a heart rate monitor and more.

(continued)

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Join the
MyBONIVA® Program
for Sally's Tips,
plus one month of
BONIVA free!

MyBONIVA is a free program that gives you tips from Sally, ideas, and support to help manage your osteoporosis. You'll get:

- One month of BONIVA free*
- Sally Field's tips on managing your osteoporosis and building stronger bones.
- Helpful monthly reminders to take your BONIVA, delivered by phone, e-mail, or mail.
- Quarterly newsletters filled with bone-strengthening exercises and simple, delicious recipes.

*You must be 18 years of age or older to join MyBONIVA. The free trial offer is limited to one per patient. MyBONIVA is a registered trademark of Roche Therapeutics Inc.

If you have osteoporosis, like me, calcium-rich foods, vitamin D, and exercise can help. But they may not be enough to keep your bones strong. So ask your doctor if once-monthly BONIVA can help you do more. Studies show, after a year on BONIVA, 9 out of 10 women stopped and reversed their bone loss.† And my test results proved I did, too.

"Eat plenty of calcium-rich foods like yogurt, spinach, and cheese."

BONIVA is a prescription medication to treat and prevent postmenopausal osteoporosis.
Ask your doctor if BONIVA is right for you.

Important Safety Information: You should not take BONIVA if you have certain problems with your esophagus (the tube that connects your mouth and stomach), low blood calcium, cannot sit or stand for at least 60 minutes, have severe kidney disease, or are allergic to BONIVA. Stop taking BONIVA and tell your doctor right away if you experience difficult or painful swallowing, chest pain, or severe or continuing heartburn, as these may be signs of serious upper digestive problems. Follow the dosing instructions for once-monthly BONIVA carefully to lower the chance of these events occurring. Side effects may include diarrhea, pain in the arms or legs, or upset stomach. Tell your doctor and dentist about all the medicines you take. Tell them if you develop jaw problems (especially following a dental procedure) or severe bone, joint, and/or muscle pain. Your doctor may also recommend a calcium and vitamin D supplement.

You are encouraged to report negative side effects of prescription drugs to the FDA.
Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

*Bone density measured at the lumbar spine after 1 year of treatment. Individual results may vary.
†Bone density measured at the lumbar spine, total hip, or trochanter; 3 out of 4 at the femoral neck.

Please read Patient Information on the next page.

Enroll today. Call 1-800-418-3512 or visit BONIVAfreetrial.com and try BONIVA free.

once-monthly Boniva® ibandronate sodium 150 mg tablet

Help Stop and Reverse Bone Loss

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Boniva®
ibandronate sodium

IMPORTANT FACTS ABOUT BONIVA

(bon-EE-va) ibandronate sodium 150-mg tablet

What is BONIVA?

BONIVA, a bisphosphonate, is a prescription medicine used to treat and prevent osteoporosis in postmenopausal women, characterized by weakening of the bone.

Taken once a month in tablet form, BONIVA may stop and reverse bone loss in most women. It has been clinically proven to help build and maintain bone density, which can help reduce fractures.

What is the most important information about BONIVA?

BONIVA may cause serious problems in the stomach and the esophagus (the tube that connects your mouth and stomach) such as trouble swallowing, heartburn, and ulcers.

Who should not take BONIVA?

Do not take BONIVA if you:

- have abnormalities with your esophagus, such as restriction or difficulty swallowing
- have low blood calcium (hypocalcemia)
- cannot sit or stand for at least 60 minutes
- have kidneys that work very poorly
- are allergic to BONIVA or any of its ingredients

See Patient Information for complete list.

Before you start BONIVA.

Tell your health care provider if you:

- are pregnant or plan to become pregnant
- are breast-feeding
- have trouble swallowing or other problems with your esophagus
- have kidney problems
- are planning a dental procedure such as tooth extraction

Tell your health care provider and dentist about all medications you're taking, including vitamins, antacids, and supplements.

How should you take BONIVA?

You must take BONIVA exactly as instructed by your health care provider.

- Take first thing in the morning, on the same day each month.
- Swallow whole (do not chew or suck) with a full glass (6 to 8 oz) of plain water (not sparkling or mineral). Do not take with tea, coffee, juice, or milk.
- After you take BONIVA, remain standing or sitting for at least 60 minutes before you eat, drink, lie down, or take any other oral medications, including calcium, vitamins, and antacids. Some medicines can stop BONIVA from getting to your bones.
- If you miss a monthly dose and your next scheduled BONIVA day is more than 7 days away, take one BONIVA 150 mg tablet in the morning following the day that you remember. Do not take two 150 mg tablets within the same week. If your scheduled BONIVA day is only 1 to 7 days away, wait until your next scheduled BONIVA day to take your tablet. Then return to taking one BONIVA 150 mg tablet every month in the morning of your chosen day, according to your original schedule. If you are not sure what to do if you miss a dose, contact your health care provider, who will be able to advise you.
- If you take too much BONIVA, drink a full glass of milk and call your local poison control center or emergency room right away. Do not make yourself vomit. Do not lie down.

What are the possible side effects of BONIVA?

Stop taking BONIVA and call your health care provider right away if you have pain or trouble swallowing, chest pain, or very bad heartburn or heartburn that does not get better. Follow dosing instructions carefully to decrease the risk of these effects.

BONIVA may cause:

- Pain or trouble swallowing
- Heartburn
- Ulcers in stomach or esophagus

Common side effects are:

- Diarrhea
- Pain in extremities (arms or legs)
- Upset stomach

Less common side effects are:

- Short-term, mild flu-like symptoms, which usually improve after the first dose

Rarely, patients have reported allergic and skin reactions. Contact your health care provider if you develop any symptoms of an allergic reaction including skin rash (with or without blisters), hives, wheezing, or swelling of the face, lips, tongue, or throat. Get medical help right away if you have trouble breathing, swallowing, or feel light-headed.

Rarely, patients have reported severe bone, joint, and/or muscle pain starting within one day to several months after beginning to take oral bisphosphonate drugs. Contact your health care provider if you develop these symptoms after starting BONIVA.

Rarely, patients have reported serious jaw problems associated with delayed healing and infection, often following dental procedures such as tooth extraction. If you experience jaw problems, contact your health care provider and dentist.

This summary is not a complete list of side effects. For a complete list, consult your health care provider or pharmacist.

Want to know more?

This summary is not everything you need to know about BONIVA. It does not take the place of talking with your health care provider about your condition or treatment. For more complete information, talk to your health care provider or pharmacist.

Visit myboniva.com or call 1-888-MyBONIVA for the complete Prescribing Information, which includes the Patient Information.

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Lanie Dixon; her husband Michael; and their children Ella, 5; Micah, 7; and Trevor, 16.

A DAILY DOSE OF GOOD HEALTH

By Allison Baker

When her doctor told her she was obese, Lanie Dixon, 36, was shocked. She knew she needed to lose weight but didn't realize her body mass index (BMI)—a measurement of weight in relation to height—was so high. An ideal number is between 18.5 and 24.9; 25 to 30 is overweight; above 30 is obese. Lanie's was 37—so she was scared and determined to make changes. Supported by her husband and kids, Lanie lost 30 pounds and reduced her BMI by 5 points in a year. Her updated goals: Drop 35 more pounds and run a half-marathon (she's already done four 5Ks). With her new diet and exercise routine, she's on the right track.

LANIE'S DAILY SLIM-DOWN SCHEDULE

6:30 A.M. My first workout of the day is right in my bedroom. Nike.com offers a series of 1- to 3-minute yoga, cardio and strength training videos. I do a total of about 35 minutes.

8:30 A.M. I prepare an easy to-go breakfast. My favorite is two egg whites, with one slice of turkey bacon and a half of a slice of Swiss cheese, on an English muffin.

11:30 A.M. At lunchtime I usually eat a veggie-packed salad with field greens, spinach, romaine lettuce, tomatoes, cucumbers and 1 tablespoon balsamic vinegar.

1:00 P.M. My e-mail calendar reminds me it's time to get moving (I set it to send me an alert every afternoon). I grab a co-worker for a 30-minute, 2-mile walk circling the office building.

4:00 P.M. After work I head to an exercise session for parents held by my daughter's school. It includes Pilates, kickboxing, aerobics and line dancing.

5:00 P.M. As soon as I get home I snack on a cup of Special K cereal with some skim milk. It keeps me from munching while I cook or overindulging at dinner.

6:30 P.M. The whole family sits down for a healthy meal, usually a lean protein with two veggies. I make a starch for my kids, but I typically skip it. A favorite of mine is baked tilapia, roasted asparagus and black-eyed peas.

9:00 P.M. The kids have learned to expect—and even like—fresh fruit or Jell-O for dessert. I sweeten it up just a bit with a little whipped cream on top.

THE DOCTOR WEIGHS IN About half of Americans are considered overweight or obese based on their BMI, says Clyde Yancy, M.D., president of the American Heart Association. BMI is an important indicator of heart health because extra weight can raise blood pressure and cholesterol. Dr. Yancy's tips for lowering yours:

✔ **Know the numbers** You can calculate BMI by dividing your weight in kilograms by your height in meters squared. Or simply go to the BMI calculator at americanheart.org/bmi.

✔ **Change your diet** Eat 3 to 4 servings of both fruits and veggies a day. Aim for 2 to 3 servings of fish per week and 2 to 3 servings of whole grains a day. Reduce daily fat intake to fewer than 70 grams. Limit sugar-sweetened drinks to 100 calories a day. Use our menus (pages 136-142) as a guide.

✔ **Walk it off** Exercise helps you slim down and is the best way to maintain a healthy BMI. Get started with our plan on page 134—find a route in your neighborhood and grab a pair of sneakers. Even if you're crunched for time, sneak in a workout in the morning or on your lunch break like Lanie does.

A PICTURE'S WORTH A THOUSAND WORDS "Around the same time my doctor warned me about my BMI, I volunteered to be a fundraising captain at my engineering firm for an American Heart Association walk," says Lanie. "As a reward for raising $1,000, I was invited to attend a luncheon with my company's CEO. When I saw pictures from the event, I thought, 'Whoa, I look fat!' I vowed to raise just as much money the following year but look slimmer in my photo. I succeeded in both goals—I donated another $1,000 and was 30 pounds lighter."

Photo: Eric Perry.

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Realize®

Weight loss surgery was not a "quick fix." It was the start of my new life.

This was not a fly by night decision. I knew exactly what I was doing. This was the start of being there for my kids; of feeling better as a person; of getting more self-confidence, which was something I had been lacking for quite some time. It's not a quick fix. I still have to work at it every day and for the rest of my life, and I'm okay with that.

MIRANDA | REALIZE® PATIENT SINCE 2008

Get your free REALIZE® Solution information kit.

The REALIZE Solution* combines weight loss surgery with a Web-based clinical support tool bariatric surgeons, dietitians, and behavior modification specialists helped create. So you can achieve and maintain a healthier weight.

Visit REALIZE.com/offer or call 1-866-374-3799 to learn more about your next steps.

IMPORTANT SAFETY INFORMATION
Bariatric surgery may not be right for individuals with certain digestive tract conditions. All surgery presents risks. Weight, age, and medical history determine your specific risks. Ask your doctor if bariatric surgery is right for you. For more information, visit www.REALIZE.com or call 1-866-REALIZE (1-866-732-5493).
*The REALIZE Solution combines REALIZE mySUCCESS® with the use of select Ethicon Endo-Surgery instruments for bariatric surgery.

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HEALTH CARE 101

BY LINDA MARSA

While Obama's biggest changes don't go into effect until 2014, it's not too soon to learn what they really mean for you and your family.

Although health care reform has been discussed in living rooms, at water coolers, online and elsewhere for months now, the implications of the new bill are still fuzzy for most Americans. Here you'll find an insider's guide to the rules and the critical facts.

Pinpoint your situation » I'm covered through my job. Your health plan will likely remain the same, although costs may increase. Most of the changes in coverage won't affect anyone who currently has decent insurance. "The new law should provide the peace of mind that if you're laid off or become too sick to work, it'll be easier to remain in-

illustrations by **Eva Tatcheva**

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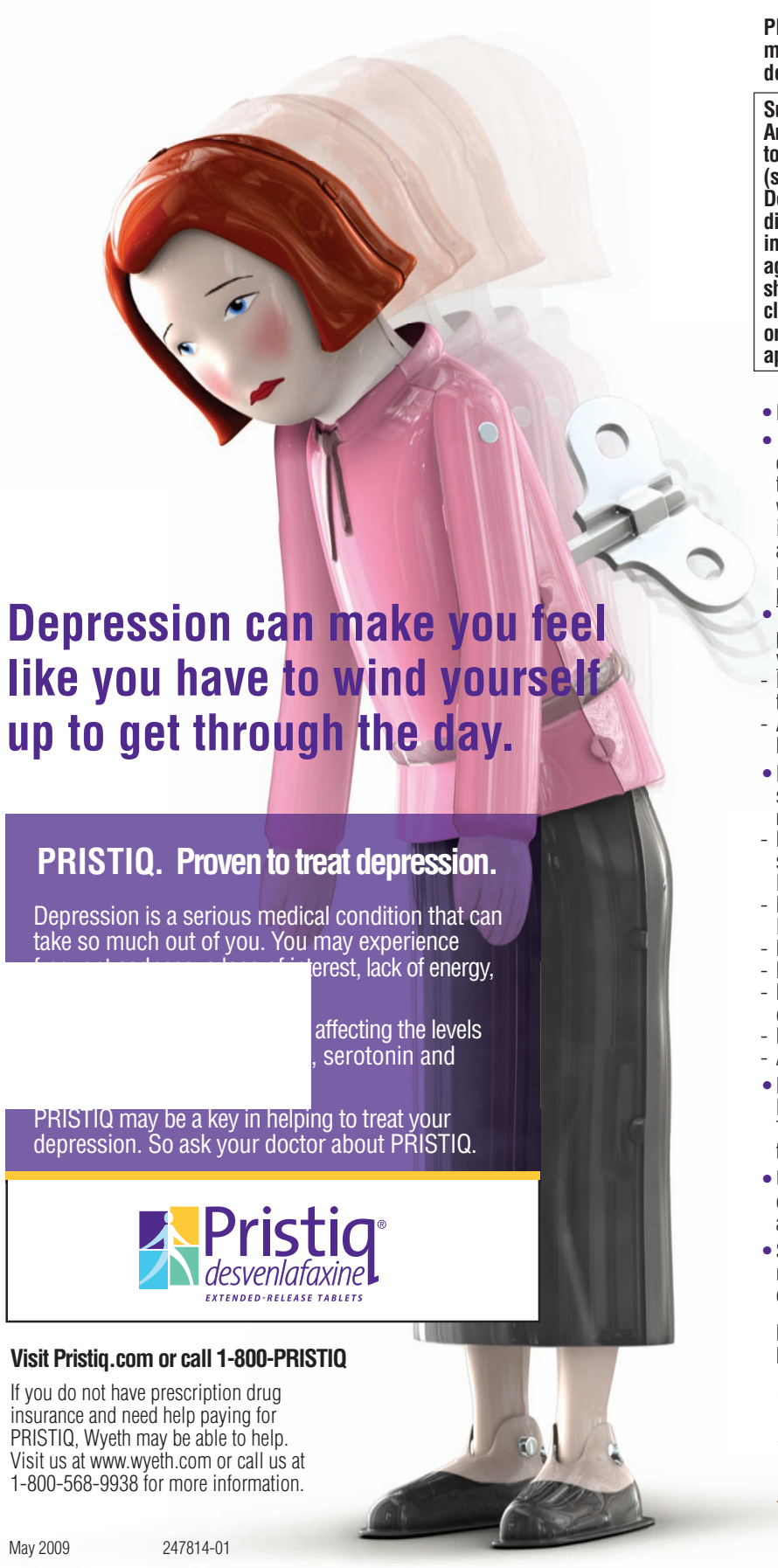

Depression can make you feel like you have to wind yourself up to get through the day.

PRISTIQ. Proven to treat depression.

Depression is a serious medical condition that can take so much out of you. You may experience [illegible]terest, lack of energy,

[illegible] affecting the levels [illegible], serotonin and

PRISTIQ may be a key in helping to treat your depression. So ask your doctor about PRISTIQ.

Pristiq® desvenlafaxine
EXTENDED-RELEASE TABLETS

Visit Pristiq.com or call 1-800-PRISTIQ

If you do not have prescription drug insurance and need help paying for PRISTIQ, Wyeth may be able to help. Visit us at www.wyeth.com or call us at 1-800-568-9938 for more information.

May 2009 247814-01

Important Safety Information

PRISTIQ® (desvenlafaxine) is a prescription medication approved for the treatment of major depressive disorder in adults.

Suicidality and Antidepressant Drugs
Antidepressants increased the risk compared to placebo of suicidal thinking and behavior (suicidality) in children, teens, and young adults. Depression and certain other psychiatric disorders are themselves associated with increases in the risk of suicide. Patients of all ages who are started on antidepressant therapy should be monitored appropriately and observed closely for clinical worsening, suicidality, or unusual changes in behavior. PRISTIQ is not approved for use in children under 18.

- People taking MAOIs should not take PRISTIQ.
- All patients taking antidepressants should be observed closely for signs that their condition is getting worse or that they are becoming suicidal. This is very important when an antidepressant is started or when the dose is changed. Patients should be watched for becoming agitated, irritable, hostile, aggressive, impulsive, or restless. These symptoms should be reported to the patient's healthcare professional right away.
- Tell your healthcare professional about all prescription and over-the-counter medications you are taking or plan to take, including:
  - Medicines to treat migraines or mood disorders, to avoid a potentially life-threatening condition
  - Aspirin, NSAID pain relievers, or blood thinners because they may increase the risk of bleeding
- PRISTIQ may cause or make some conditions worse, so tell your healthcare professional about all your medical conditions, including if you:
  - Have high blood pressure. Your blood pressure should be controlled before you start taking PRISTIQ and monitored regularly
  - Have heart problems, high cholesterol or triglyceride levels, or a history of stroke
  - Have glaucoma or increased eye pressure
  - Have kidney or liver problems
  - Have or had mania, bipolar disorder, seizures, or convulsions
  - Have low sodium levels in your blood
  - Are nursing, pregnant, or plan to become pregnant
- Discontinuation symptoms may occur when stopping PRISTIQ, especially when therapy is stopped suddenly. Talk to your healthcare professional before you stop taking or reduce the dose of PRISTIQ.
- Until you see how PRISTIQ affects you, be careful driving a car or operating machinery. Avoid drinking alcohol while taking PRISTIQ.
- Side effects when taking PRISTIQ 50 mg may include nausea, dizziness, sweating, constipation, and decreased appetite.

Please see Brief Summary of Prescribing Information on next page.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

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IMPORTANT FACTS ABOUT Pristiq® desvenlafaxine

EXTENDED-RELEASE TABLETS

(pris•teek')
Pristiq® - (desvenlafaxine) Extended-Release Tablets

Read the Medication Guide that comes with you or your family member's antidepressant medicine. Talk to your, or your family member's, healthcare provider about:
- all risks and benefits of treatment with antidepressant medicines
- all treatment choices for depression or other serious mental illness

What is the most important information I should know about antidepressant medicines, depression and other serious mental illnesses, and suicidal thoughts or actions?

1. Antidepressant medicines may increase suicidal thoughts or actions in some children, teenagers, and young adults within the first few months of treatment.

2. Depression and other serious mental illnesses are the most important causes of suicidal thoughts and actions. Some people may have a particularly high risk of having suicidal thoughts or actions. These include people who have (or have a family history of) bipolar illness (also called manic-depressive illness) or suicidal thoughts or actions.

3. How can I watch for and try to prevent suicidal thoughts and actions in myself or a family member?

• Pay close attention to any changes, especially sudden changes, in mood, behaviors, thoughts, or feelings. This is very important when an antidepressant medicine is started or when the dose is changed.

• Call the healthcare provider right away to report new or sudden changes in mood, behavior, thoughts, or feelings.

• Keep all follow-up visits with the healthcare provider as scheduled. Call the healthcare provider between visits as needed, especially if you have concerns about symptoms.

Call a healthcare provider right away if you or your family member has any of the following symptoms, especially if they are new, worse, or worry you:
- thoughts about suicide or dying
- attempts to commit suicide
- new or worse depression
- new or worse anxiety
- feeling very agitated or restless
- panic attacks
- trouble sleeping (insomnia)
- new or worse irritability
- acting aggressive, being angry or violent
- acting on dangerous impulses
- an extreme increase in activity and talking (mania)
- other unusual changes in behavior or mood

What else do I need to know about antidepressant medicines?

• Never stop an antidepressant medicine without first talking to a healthcare provider. Stopping an antidepressant medicine suddenly can cause other symptoms.

• Antidepressants are medicines used to treat depression and other illnesses. It is important to discuss all the risks of treating depression and also the risks of not treating it. Patients and their families or other caregivers should discuss all treatment choices with the healthcare provider, not just the use of antidepressants.

• Antidepressant medicines have other side effects. Talk to the healthcare provider about the side effects of the medicine prescribed for you or your family member.

• Antidepressant medicines can interact with other medicines. Know all of the medicines that you or your family member takes. Keep a list of all medicines to show the healthcare provider. Do not start new medicines without first checking with your healthcare provider.

• Not all antidepressant medicines prescribed for children are FDA approved for use in children. Talk to your child's healthcare provider for more information.

This Medication Guide has been approved by the U.S. Food and Drug Administration for all antidepressants.

Important Information about Pristiq

Read the patient information that comes with Pristiq before you take Pristiq and each time you refill your prescription. There may be new information. If you have questions, ask your healthcare provider. This information does not take the place of talking with your healthcare provider about your medical condition or treatment.

What is Pristiq?

•Pristiq is a prescription medicine used to treat depression. Pristiq belongs to a class of medicines known as SNRIs (or serotonin-norepinephrine reuptake inhibitors).

•Pristiq is not approved for use in children and adolescents.

Who should not take Pristiq?

Do not take Pristiq if you:

• are allergic to desvenlafaxine, venlafaxine or any of the ingredients in Pristiq.
• currently take, or have taken within the last 14 days, any medicine known as an MAOI. Taking an MAOI with certain other medicines, including Pristiq, can cause serious or even life-threatening side effects. Also, you must wait at least 7 days after you stop taking Pristiq before you take any MAOI.

What should I tell my healthcare provider before taking Pristiq?

Tell your healthcare provider about all your medical conditions, including if you:
- have high blood pressure
- have heart problems
- have high cholesterol or high triglycerides
- have a history of stroke
- have glaucoma
- have kidney problems
- have liver problems
- have or had bleeding problems
- have or had seizures or convulsions
- have mania or bipolar disorder
- have low sodium levels in your blood
- are pregnant or plan to become pregnant. It is not known if Pristiq will harm your unborn baby.
- are breastfeeding. Pristiq can pass into your breast milk and may harm your baby. Talk with your healthcare provider about the best way to feed your baby if you take Pristiq.

•Serotonin syndrome or neuroleptic malignant syndrome (NMS)-like reactions Rare, but potentially life-threatening, conditions called serotonin syndrome or Neuroleptic Malignant Syndrome (NMS)-like reactions can happen when medicines such as Pristiq are taken with certain other medicines. Serotonin syndrome or NMS-like reactions can cause serious changes in how your brain, muscles and digestive system work.

Especially tell your healthcare provider if you take the following:
- medicines to treat migraine headaches known as triptans
- St. John's Wort
- MAOIs (including linezolid, an antibiotic)
- tryptophan supplements
- silbutramine
- tramadol
- medicines used to treat mood disorders, including tricyclics, lithium, selective serotonin reuptake inhibitors (SSRIs), or serotonin norepinephrine reuptake inhibitors (SNRIs)

Ask your healthcare provider if you are not sure whether you are taking any of these medicines.

Before you take Pristiq with any of these medicines, talk to your healthcare provider about serotonin syndrome. See "What are the possible side effects of Pristiq?"

Pristiq contains the medicine desvenlafaxine. Do not take Pristiq with other medicines containing venlafaxine or desvenlafaxine.

What should I avoid while taking Pristiq?

•Do not drive a car or operate machinery until you know how Pristiq affects you.
•Avoid drinking alcohol while taking Pristiq.

What are the possible side effects of Pristiq?

Pristiq can cause serious side effects, including:
•See the beginning of this page.
•Serotonin syndrome or neuroleptic malignant syndrome (NMS)-like reactions. See "What should I tell my healthcare provider before taking Pristiq?"

Get medical help right away if you think that you have these syndromes. Signs and symptoms of these syndromes may include one or more of the following:
- restlessness
- hallucinations (seeing and hearing things that are not real)
- coma
- nausea
- vomiting
- confusion
- increase in blood pressure
- diarrhea
- loss of coordination
- fast heart beat
- increased body temperature
- muscle stiffness

Pristiq may also cause other serious side effects including:

•New or worsened high blood pressure (hypertension). Your healthcare provider should monitor your blood pressure before and while you are taking Pristiq. If you have high blood pressure, it should be controlled before you start taking Pristiq.

•Abnormal bleeding or bruising. Pristiq and other SNRIs/SSRIs may cause you to have an increased chance of bleeding. Taking aspirin, NSAIDs (non-steroidal anti-inflammatory drugs), or blood thinners may add to this risk. Tell your healthcare provider right away about any unusual bleeding or bruising.

•Glaucoma (increased eye pressure)

•Increased cholesterol and triglyceride levels in your blood

•Symptoms when stopping Pristiq (discontinuation symptoms). Side effects may occur when stopping Pristiq (discontinuation symptoms), especially when therapy is stopped suddenly. Your healthcare provider may want to decrease your dose slowly to help avoid side effects.

Some of these side effects may include:
- dizziness
- nausea
- anxiety
- irritability
- sleeping problems (insomnia)
- sweating
- abnormal dreams
- tiredness
- diarrhea
- headache

•Seizures (convulsions)

•Low sodium levels in your blood. Symptoms of this may include headache, difficulty concentrating, memory changes, confusion, weakness, and unsteadiness on your feet. In severe or more sudden cases, symptoms can include hallucinations (seeing or hearing things that are not real), fainting, seizures and coma. If not treated, severe low sodium levels could be fatal. Contact your healthcare provider if you think you have any of these side effects.

Common side effects with Pristiq include:
- nausea
- headache
- dry mouth
- sleepiness
- dilated pupils
- insomnia
- constipation
- loss of appetite
- tremor
- diarrhea
- vomiting
- anxiety
- dizziness
- decreased sex drive
- delayed orgasm and ejaculation
- sweating
- tiredness

These are not all the possible side effects of Pristiq. Tell your healthcare provider about any side effect that bothers you or does not go away. Call your doctor for medical advice about side effects. For more information on these and other side effects associated with Pristiq, talk to your healthcare provider, visit our web site at www.pristiq.com or call our toll-free number 1-888-Pristiq.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Contact Information
Please visit our web site at www.pristiq.com, or call our toll-free number 1-888-Pristiq to receive more information. This product's label may have been updated. For current package insert and further product information, please visit www.wyeth.com or call our medical communications department toll-free at 1-800-934-5556.

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WILL I HAVE TO PAY FOR PREVENTIVE CARE?
There will no longer be copays for preventive services, including childhood vaccines, well baby visits, annual physicals and cancer screenings (Pap smears, routine mammography, colonoscopy).

sured," says Karyn Schwartz, a senior policy analyst with the Kaiser Family Foundation in Washington, D.C. Also, there will be no more denials or sky-high premiums if you have a preexisting medical condition, and no more worrying about your coverage being revoked if you get sick and rack up big bills. If you or a family member has a serious illness, the fees you'll need to pony up out of your own pocket are capped so you won't have to choose between losing your home and forgoing life-saving care.

The tax on so-called "Cadillac" medical coverage, employer-sponsored plans with premium costs of more than $10,200 a year for individuals or $27,500 for families, won't roll out until 2018. "And if in the future you or your employer wants to switch coverage, it will be easier to comparison shop and find plans that offer comprehensive benefits through the insurance exchanges [online financial marketplaces in each state where individuals and people employed in small businesses pool their purchasing power to shop for the best plans]," says Cheryl Fish-Parcham, deputy director of health policy at Families USA.

» I'm uninsured.

As you've probably heard, the legislation guarantees that at least 94% of Americans not covered by Medicare will have adequate, affordable health care. High-risk pools—group insurance programs for people with more serious illnesses—were set up immediately to provide coverage for Americans who haven't been able to get insurance because of preexisting conditions. Up until now only 34 states offered some type of high-risk pool, and the ones that did typically had long waiting lists, and coverage was skimpy.

If you've been without insurance for six months or more, you can now buy a policy at the prevailing rate. And your annual out-of-pocket medical costs—in addition to monthly premiums—will be capped at $5,950 for individuals and $11,900 for families.

In cases in which cost is still an issue, there won't be relief right away—Medicaid will be expanded to cover more of the uninsured in 2014. If you make too much to qualify for Medicaid (individuals who earn more than $14,404; more than $29,327 for a family of four), you could get help buying private insurance in the insurance exchanges. The new law will provide billions of dollars in subsidies based on a sliding scale once premiums exceed a certain percentage of annual income. The subsidies end at

Promotion

"Take it once a day, every day!"

28 Days To Healthier Gums!

Stress, illness, improper diet or inadequate oral hygiene can lead to poor gum health. New GUM® PerioBalance® daily, dental probiotic mint-flavored lozenge reduces plaque, fights bad breath, and promotes healthy teeth and gums in as little as 28 days! Available in the Oral Care Section at major drugstores. Use promo code PB2 to receive $2 off your online purchase at **periobalance.com**

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HEALTH, BEAUTY & MORE

Glass So Clean, It's Invisible!

Invisible Glass was developed with two simple objectives: superior cleaning power and "invisible" clarity. When compared to ordinary "blue water" glass cleaners, you'll immediately see how quickly Invisible Glass removes even the most difficult grime, making glass virtually disappear! For tips, testimonials, offers, and more visit **FreeInvisibleGlass.com** or call **1-888-STONER3**.

Maximum Canker Sore Relief!

GUM® Canker-X™ triple action gel provides fast pain relief from canker sores and mouth sores-without stinging or burning! GUM Canker-X, with soothing aloe vera, forms a micro-thin, invisible coating that heals and protects against food and beverage irritants relieving pain for hours. Available at leading retailers nationwide. Use promo code CX1 to receive $1 off your online purchase at **Canker-X.com**

Produced by WMI 203.256.4102 wmimediasolutions.com

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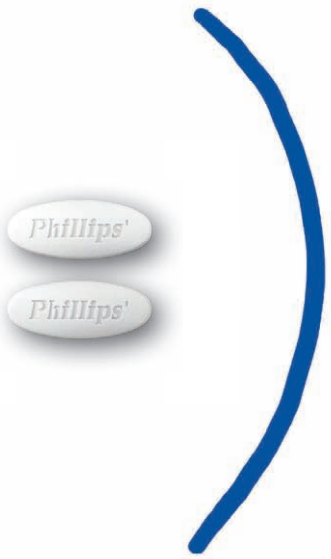

Gentle relief from constipation.
And a happier colon.

Unlike stimulant laxatives, Phillips' Caplets provide overnight relief from occasional constipation without cramps by working more naturally with your colon*

Be good to your colon and it will be good to you.

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*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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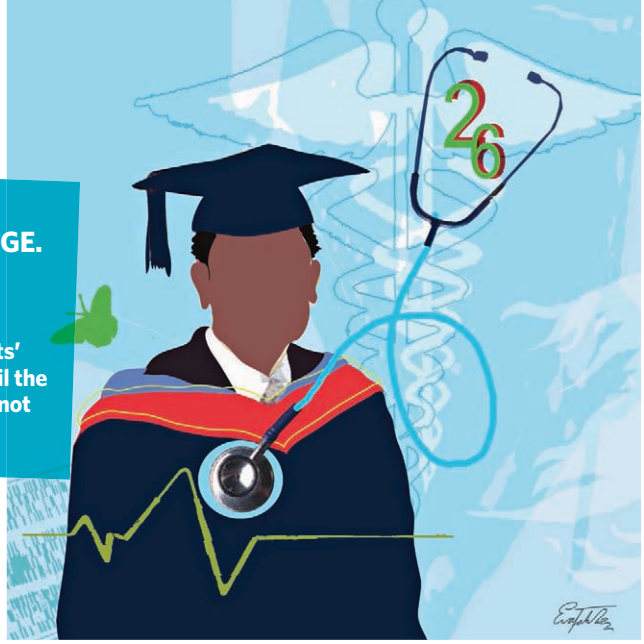
MY SON ISN'T GOING TO COLLEGE. WILL HE STILL BE COVERED?

Young adults can now remain on their parents' insurance policies until the age of 26, whether or not they are students.



four times the poverty level, which is $88,200 for a family of four or about $44,000 for an individual.

» I've been laid off.

If you retained your former employer-based insurance through Cobra, you'll be able to keep your coverage until the insurance exchanges are ready (previously, eligibility ended after 18 months). Still, Cobra premiums can be steep. There's another piece of legislation to help with this: a 15-month federal subsidy that pays 65% of premiums for people laid off. To be eligible, individuals must have been involuntarily terminated from their employment after August 31, 2008, and before April 1, 2010.

Also, if you find a new job, the insurance plan at your new company can exclude coverage for preexisting conditions for only three months (it used to be 12 months).

» My kid has a chronic condition.

When parents have coverage, kids can't be excluded if they have a health issue like asthma or diabetes. The new $10,000 limit on a family's out-of-pocket costs may help too, by cushioning the financial burden of your child's medical care if he requires frequent hospitalizations or pricey medications. In addition, insurers can't impose annual maximums on medical expenses or lifetime maximums on costly drugs. While most people rarely reach lifetime caps—plans typically max out at around $2 million—this new regulation is vital for people who have a serious or chronic illness or a child who has one.

» I worry about being diagnosed with something serious, like breast cancer.

With the new law, you can't be kicked out of an insurance plan just because you get sick. Furthermore, as previously mentioned, out-of-pocket expenses—for copayments on doctor visits, prescription drugs, hospital stays and surgical procedures—are now capped for individuals and families.

» I work for a small business.

The health insurance tax credit of up to 35% of premium costs for small businesses with average wages of less than $50,000 kicks in right away. The hope is that the tax advantage will encourage more small business owners to start offering insurance. Beginning in 2014, small firms that sign up with one of the health exchanges will receive a credit of up to 50% of their costs. ●

MOMster

We know health care is on your mind, as many of you are talking about it on Momster, *Family Circle*'s new social networking site. Our experts are already online answering your most pressing questions: Visit momster.com/healthcarereform

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We boosted our probiotics with this

to give you a little extra help with these.

New Phillips' Colon Health Probiotic + Fiber has a special prebiotic fiber that not only helps support regularity, but also helps our probiotics work even harder. And Phillips' Colon Health contains a proprietary blend of 3 probiotics to help relieve occasional digestive symptoms naturally and support overall digestive health*.

Be good to your colon and it will be good to you.

www.phillipsrelief.com

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SIMPONI,™ a full month of RA relief with one dose a month.

SIMPONI,™ FOR MODERATE TO SEVERE RHEUMATOID ARTHRITIS (RA) IN ADULTS.

Just one dose of SIMPONI™ monthly helps relieve the pain, stiffness, and swelling of RA. Results may not be the same for everyone. SIMPONI™ is used with the medicine methotrexate. Methotrexate is taken as directed. Once you and your doctor are comfortable with the self-injection process, you will inject SIMPONI™ just once a month under the skin.

Ask your rheumatologist if SIMPONI™ (golimumab) is right for you. Please read the Important Safety Information on the adjacent page.

Visit www.4simponi.com or call 888-4 SIMPONI to see if you qualify for a full year of cost support.

SIMPONI,™ used with the medicine methotrexate, is approved to treat adults with moderate to severe rheumatoid arthritis (RA).

IMPORTANT SAFETY INFORMATION

SIMPONI™ (golimumab) is a prescription medicine. SIMPONI™ can lower your ability to fight infections. There are reports of serious infections caused by bacteria, fungi, or viruses that have spread throughout the body, including tuberculosis (TB) and histoplasmosis. Some of these infections have been fatal. Your doctor will test you for TB before starting SIMPONI™ and will monitor you for signs of TB during treatment. Tell your doctor if you have been in close contact with people with TB. Tell your doctor if you have been in a region (such as the Ohio and Mississippi River Valleys and the Southwest) where certain fungal infections like histoplasmosis or coccidioidomycosis are common.

You should not start SIMPONI™ if you have any kind of infection. Tell your doctor if you are prone to or have a history of infections or have diabetes, HIV or a weak immune system. You should also tell your doctor if you are currently being treated for an infection or if you have or develop any signs of an infection such as:

- fever, sweat, or chills
- muscle aches
- cough
- shortness of breath
- blood in phlegm
- weight loss
- warm, red, or painful skin or sores on your body
- diarrhea or stomach pain
- burning when you urinate or urinate more than normal
- feel very tired

Unusual cancers have been reported in children and teenage patients taking TNF-blocker medicines. For children and adults taking TNF blockers, including SIMPONI,™ the chances for getting lymphoma or other cancers may increase. You should tell your doctor if you have had or develop lymphoma or other cancers.

Tell your doctor about all the medications you take including ORENCIA (abatacept), KINERET (anakinra), RITUXAN (rituximab) or another TNF blocker, or if you are scheduled to or recently received a vaccine. People taking SIMPONI™ should not receive live vaccines.

Reactivation of hepatitis B virus has been reported in patients who are carriers of this virus and are taking TNF-blocker medicines, such as SIMPONI.™ Some of these cases have been fatal. Your doctor may do blood tests before and after you start treatment with SIMPONI.™ Tell your doctor if you know or think you may be a carrier of hepatitis B virus or if you experience signs of hepatitis B infection, such as:

- feel very tired
- skin or eyes look yellow
- little or no appetite
- vomiting
- muscle aches
- dark urine
- clay-colored bowel movements
- fevers
- chills
- stomach discomfort
- skin rash

Heart failure can occur or get worse in people who use TNF blockers like SIMPONI.™ Your doctor will closely monitor you if you have heart failure. Tell your doctor right away if you get new or worsening symptoms of heart failure like shortness of breath or swelling of your lower legs or feet.

Rarely, people using TNF blockers can have nervous system problems such as multiple sclerosis. Tell your doctor right away if you have symptoms like vision changes, weakness in your arms or legs, or numbness or tingling in any part of your body.

Liver problems can happen in people using TNF blockers. Contact your doctor immediately if you develop symptoms such as feeling very tired, skin or eyes look yellow, poor appetite or vomiting, or pain on the right side of your stomach.

Low blood counts have been seen with people using TNF blockers. If this occurs, your body may not make enough blood cells to help fight infections or help stop bleeding. Your doctor will check your blood counts before and during treatment. Tell your doctor if you have signs such as fever, bruising, bleeding easily, or paleness.

Rarely, people using TNF blockers have developed lupus-like symptoms. Tell your doctor if you have any symptoms such as a rash on your cheeks or other parts of the body, sensitivity to the sun, new joint or muscle pain, becoming very tired, chest pain or shortness of breath, swelling of the feet, ankles, and/or legs.

New or worse psoriasis symptoms may occur. Tell your doctor if you develop red scaly patches or raised bumps that are filled with pus.

Tell your doctor if you are allergic to rubber or latex. The needle cover contains dry natural rubber.

Tell your doctor if you have any symptoms of an allergic reaction while taking SIMPONI™ such as hives, swollen face, breathing trouble, chest pain.

Common side effects of SIMPONI™ include: upper respiratory tract infection, nausea, abnormal liver tests, redness at site of injection, high blood pressure, bronchitis, dizziness, sinus infection, flu, runny nose, fever, cold sores, numbness, or tingling.

Please read the Medication Guide for SIMPONI™ and discuss any questions you have with your doctor.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

25GL09424

Just one dose, once a month.

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Medication Guide

MEDICATION GUIDE
SIMPONI™ (SIM-po-nee)
(golimumab)

Read the Medication Guide that comes with SIMPONI before you start taking it and each time you get a refill. There may be new information. This Medication Guide does not take the place of talking with your doctor about your medical condition or treatment. It is important to remain under your doctor's care while using SIMPONI.

What is the most important information I should know about SIMPONI?
SIMPONI is a medicine that affects your immune system. SIMPONI can lower the ability of your immune system to fight infections. Some people have serious infections while taking SIMPONI, including tuberculosis (TB), and infections caused by bacteria, fungi, or viruses that spread throughout their body. Some people have died from these serious infections.
- Your doctor should test you for TB before starting SIMPONI.
- Your doctor should monitor you closely for signs and symptoms of TB during treatment with SIMPONI.

You should not start taking SIMPONI if you have any kind of infection unless your doctor says it is okay.

Before starting SIMPONI, tell your doctor if you:
- think you have an infection or have symptoms of an infection such as:
  - fever, sweat, or chills
  - muscle aches
  - cough
  - shortness of breath
  - blood in phlegm
  - weight loss
  - warm, red, or painful skin or sores on your body
  - diarrhea or stomach pain
  - burning when you urinate or urinate more often than normal
  - feel very tired
- are being treated for an infection
- get a lot of infections or have infections that keep coming back
- have diabetes, HIV, or a weak immune system. People with these conditions have a higher chance for infections.
- have TB, or have been in close contact with someone with TB
- live, have lived, or traveled to certain parts of the country (such as the Ohio and Mississippi River valleys and the Southwest) where there is an increased chance for getting certain kinds of fungal infections (histoplasmosis, coccidioidomycosis, blastomycosis). These infections may happen or become more severe if you use SIMPONI. Ask your doctor if you do not know if you have lived in an area where these infections are common.
- have or have had hepatitis B
- use the medicine Orencia (abatacept), Kineret (anakinra), or Rituxan (rituximab)

After starting SIMPONI, call your doctor right away if you have any symptoms of an infection. SIMPONI can make you more likely to get infections or make worse any infection that you have.

Cancer
- There have been cases of unusual cancers in children and teenage patients taking TNF-blocking agents.
- For children and adults taking TNF-blocker medicines, including SIMPONI, the chances of getting lymphoma or other cancers may increase.
- People with inflammatory diseases including rheumatoid arthritis, psoriatic arthritis, or ankylosing spondylitis, especially those with very active disease, may be more likely to get lymphoma.

What is SIMPONI?
SIMPONI is a prescription medicine called a tumor necrosis factor (TNF) blocker. SIMPONI is used in adults:
- with the medicine methotrexate to treat moderately to severely active rheumatoid arthritis (RA)
- to treat active psoriatic arthritis (PsA) alone or with methotrexate
- to treat active ankylosing spondylitis (AS)

You may continue to use other medicines that help treat your condition while taking SIMPONI, such as non-steroidal anti-inflammatory drugs (NSAIDs) and prescription steroids, as recommended by your doctor.

What should I tell my doctor before starting treatment with SIMPONI?
SIMPONI may not be right for you. Before starting SIMPONI, tell your doctor about all your medical conditions, including if you:
- have an infection (see **"What is the most important information I should know about SIMPONI?").**
- have or have had lymphoma or any other type of cancer.
- have or had heart failure.
- have or have had a condition that affects your nervous system, such as multiple sclerosis.
- have recently received or are scheduled to receive a vaccine. People taking SIMPONI should not receive live vaccines. People taking SIMPONI can receive non-live vaccines.
- are allergic to rubber or latex. The needle cover on the prefilled syringe and SmartJect autoinjector contains dry natural rubber.
- are pregnant or planning to become pregnant. It is not known if SIMPONI will harm your unborn baby.
- are breastfeeding. You and your doctor should decide if you will take SIMPONI or breastfeed. You should not do both without talking to your doctor first.

Tell your doctor about all the medicines you take, including prescription and non-prescription medicines, vitamins, and herbal supplements. Especially, tell your doctor if you use:
- ORENCIA (abatacept), KINERET (anakinra), or RITUXAN (rituximab). You should not take SIMPONI while you are also taking ORENCIA or KINERET. Your doctor may not want to give you SIMPONI if you have received RITUXAN recently.
- Another TNF-blocker medicine. You should not take SIMPONI while you are also taking REMICADE (infliximab), HUMIRA (adalimumab), ENBREL (etanercept), or CIMZIA (certolizumab pegol).

Ask your doctor if you are not sure if your medicine is one listed above.

Keep a list of all your medications with you to show your doctor and pharmacist each time you get a new medicine.

How should I use SIMPONI?
- SIMPONI is given as an injection under the skin (subcutaneous injection or SC).
- SIMPONI should be injected one time each month.
- If your doctor decides that you or a caregiver may be able to give your injections of SIMPONI at home, you should receive training on the right way to prepare and inject SIMPONI. Do not try to inject SIMPONI yourself until you have been shown the right way to give the injections by your doctor or nurse.
- Use SIMPONI exactly as prescribed by your doctor.
- SIMPONI comes in a prefilled syringe or SmartJect™ autoinjector. Your doctor will prescribe the type that is best for you.
- See the detailed ***Patient Instructions for Use*** at the end of this Medication Guide for instructions about the right way to prepare and give your SIMPONI injections at home.
- Do not miss any doses of SIMPONI. If you forget to use SIMPONI, inject your dose as soon as you remember. Then, take your next dose at your regular scheduled time. In case you are not sure when to inject SIMPONI, call your doctor or pharmacist.

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What are the possible side effects with SIMPONI?
SIMPONI can cause serious side effects, including:

See **"What is the most important information I should know about SIMPONI?".**

Serious Infections
Hepatitis B infection in people who carry the virus in their blood.
- If you are a carrier of the hepatitis B virus (a virus that affects the liver), the virus can become active while you use SIMPONI. Your doctor may do blood tests before you start treatment with SIMPONI and while you are using SIMPONI. Tell your doctor if you have any of the following symptoms of a possible hepatitis B infection:
  - feel very tired
  - skin or eyes look yellow
  - little or no appetite
  - vomiting
  - muscle aches
  - dark urine
  - clay-colored bowel movements
  - fevers
  - chills
  - stomach discomfort
  - skin rash

Heart failure, including new heart failure or worsening of heart failure that you already have. New or worse heart failure can happen in people who use TNF-blocker medicines like SIMPONI.
- If you have heart failure, your condition should be watched closely while you take SIMPONI.
- Call your doctor right away if you get new or worsening symptoms of heart failure while taking SIMPONI (such as shortness of breath or swelling of your lower legs or feet).

Nervous System Problems
Rarely, people using TNF-blocker medicine have nervous system problems such as multiple sclerosis.
- Tell your doctor right away if you get any of these symptoms:
  - vision changes
  - weakness in your arms or legs
  - numbness or tingling in any part of your body

Liver Problems
Liver problems can happen in people who use TNF-blocker medicines, including SIMPONI. These problems can lead to liver failure and death. Call your doctor right away if you have any of these symptoms:
- feel very tired
- skin or eyes look yellow
- poor appetite or vomiting
- pain on the right side of your stomach (abdomen)

Blood Problems
Low blood counts have been seen with other TNF blockers. Your body may not make enough blood cells that help fight infections or help stop bleeding. Symptoms include fever, bruising or bleeding easily, or looking pale. Your doctor will check your blood counts before and during treatment with SIMPONI.

Common side effects with SIMPONI include:
- upper respiratory tract infection
- nausea
- abnormal liver tests
- redness at the site of injection
- high blood pressure
- bronchitis
- dizziness
- sinus infection (sinusitis)
- flu
- runny nose
- fever
- cold sores
- numbness or tingling

Other side effects with SIMPONI include:
- **Immune System Problems.** Rarely, people using TNF-blocker medicines have developed symptoms that are like the symptoms of lupus. Tell your doctor if you have any of these symptoms:
  - a rash on your cheeks or other parts of the body
  - sensitivity to the sun
  - new joint or muscle pains
  - becoming very tired
  - chest pain or shortness of breath
  - swelling of the feet, ankles, and/or legs
- **Psoriasis.** Some people using SIMPONI had new psoriasis or worsening of psoriasis that they already had. Tell your doctor if you develop red scaly patches or raised bumps that are filled with pus. Your doctor may decide to stop your treatment with SIMPONI.
- **Allergic Reactions.** Allergic reactions can happen in people who use TNF-blocker medicines. Call your doctor right away if you have any of these symptoms of an allergic reaction:
  - hives
  - swollen face
  - breathing trouble
  - chest pain

These are not all of the side effects with SIMPONI. Tell your doctor about any side effect that bothers you or does not go away. Call your doctor for medical advice about side effects. You may report side effects to the FDA at 1-800-FDA-1088.

How do I store SIMPONI?
- Refrigerate SIMPONI at 36ºF to 46ºF (2ºC to 8ºC).
- Do not freeze SIMPONI.
- Keep SIMPONI in the carton to protect it from light when not being used.
- Do not shake SIMPONI.

Keep SIMPONI and all medicines out of the reach of children.

General Information about SIMPONI
Medicines are sometimes prescribed for purposes other than those listed in the Medication Guide. Do not use SIMPONI for a condition for which it was not prescribed.
- Do not give SIMPONI to other people, even if they have the same condition that you have. It may harm them.
- This Medication Guide summarizes the most important information about SIMPONI. If you would like more information, talk to your doctor. You can ask your doctor or pharmacist for information about SIMPONI that is written for health professionals. For more information go to www.simponi.com or call 1-800-457-6399.

What are the ingredients in SIMPONI?
Active ingredient: golimumab.
Inactive ingredients: L-histidine, L-histidine monohydrochloride monohydrate, sorbitol, polysorbate 80, and water for injection. SIMPONI does not contain preservatives.

Manufactured by:
Centocor Ortho Biotech Inc.
Horsham, PA 19044
US License No. 1821

Revised: 11/2009
25GL09421

This Medication Guide has been approved by the U.S. Food and Drug Administration.

Simponi™
golimumab

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food

healthy meals • delicious desserts • quick cooking solutions

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white hot

It has just 70 sweet, guilt-free calories and less than a gram of fat—mouth, meet white nectarine. Store at room temperature for up to a week after ripe. For a party starter, cut 2 nectarines into 10 slices apiece and wrap each with a slice of prosciutto. Place on foil-lined baking sheet; broil for 2 minutes on each side. While warm, sprinkle with ½ cup crumbled Gorgonzola cheese. Serve with toothpicks.

Photo: Louise Lister-Stockfood Munich/Stockfood.

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MOMster

market share

Talk about an offer you can't (or at least shouldn't!) resist—***free groceries!*** Go to **momster.com/fc/marketmakeover** and tell us your top 10 supermarket staples. Registered dietician Robyn Flipse will pick three readers' lists and recommend healthy alternatives, which we'll send on the house.

WINE NOT?

Once and for all it's time to give up the notion that premium vinos can't come in boxes—these options give their fancy bottled counterparts a run for their money but cost much less. A 3-liter box contains the equivalent of four bottles of wine and will stay fresh for up to six weeks after opening. Our current faves:

Big House Red 2008 California Red Wine, *$22*: Dark, spicy; best served with hearty dishes like steak or lamb chops.

Target Wine Cube Chardonnay, *$18*: Fruity; a good match for barbecue beef, spicy chicken and aged cheeses.

Duca del Frassino Garganega Pinot Grigio, *$20*: Crisp, dry; pairs well with seafood and salads.

Old Dog, New Tricks

With grill season heating up, hot dogs are a no-brainer. Purists can argue in favor of a simple stripe of ketchup or mustard and some sauerkraut, but we say, up the ante with these inspired (and easy!) toppers.

New York (with a twist): Cook 1 pound sliced onions in 2 tablespoons vegetable oil over low heat, covered, for 10 minutes. Stir in 1 cup prepared salsa, 1 teaspoon sugar and 2 tablespoons chopped pickled jalapeños. Simmer, covered, for 10 minutes. Top with shredded cheddar cheese.

Chicago: Chop and mix together 2 medium dill pickles, ½ peeled cucumber and 1 large tomato. Season with 1 teaspoon celery salt.

Italian: Sauté 1 sliced green pepper and 1 sliced onion in 2 tablespoons olive oil until softened, about 8 minutes. Reserve. Cook 3 cups frozen hash brown potatoes following package directions. Stir in peppers and onions. Season with salt and red pepper flakes to taste.

3 NEW IDEAS FOR PASTA SAUCE

1. Simmer 1 pound trimmed green beans and 2 sliced, seeded Italian frying peppers in 2 cups marinara sauce for 10 minutes, until tender.
2. Add 1 teaspoon red pepper flakes to 2 cups garden-style pasta sauce. Stir in 1 can whole clams and ½ pound shrimp. Simmer 3 minutes. Stir in 1 can crabmeat; serve over cooked linguine.
3. Beat 3 eggs and 2 tablespoons *each* four-cheese pasta sauce and shredded mozzarella. Pour into a nonstick pan; scramble.

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Photo (hot dogs): Kate Mathis. Food styling: Megan Schlow. Prop styling: Megan Hedgpeth. Illustration: John S. Dykes.

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Blueberry Juice Drinks from concentrate. © 2010 Ocean Spray Cranberries, Inc.

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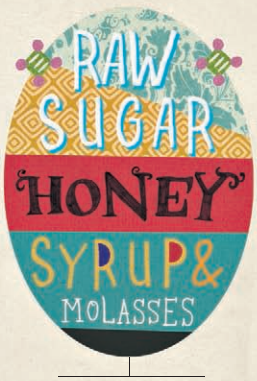
Sweet Somethings

Readers tell me they worry about their kids consuming too much sugar—and in summer it seems to peak. Research confirms that moms are right to be concerned: The average teen takes in about 34 teaspoons of sugar, approximately 500 calories' worth, in a typical day. Meanwhile, the American Heart Association recommends no more than 6½ teaspoons, or 100 calories. If you're game for trying to cut your kids' intake—while avoiding an uprising—start slowly and don't make a big deal about it. These strategies will help.

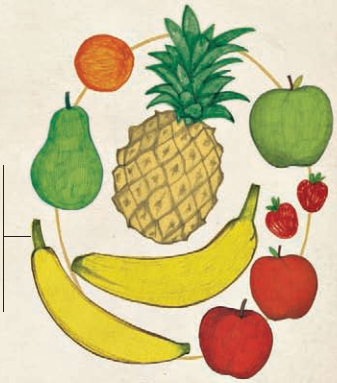
➜ **Do the math.** To figure out the number of calories that come from sugar in a serving of your favorite food, check the nutrition label. Take the number of grams of sugar in a single serving and multiply it by 4 (there are 4 calories in every gram). For instance, if a product has 15 sugar grams that means 60 calories are from sugar alone.



➜ **Learn the names.** With a nod to Shakespeare, just as a rose by any other name would smell as sweet, sugar, no matter what you call it—maltose, sucrose, high fructose corn syrup, molasses, cane sugar, corn sweetener, raw sugar, syrup, honey or fruit juice concentrate—is still sugar.

➜ **Offer smart snacks.** Most kids spend much of the day trolling for something to eat. Aim to provide options that will override cravings for sweets. Unprocessed foods like peanut butter and whole-grain crackers are best, but also try fun, prepacked freeze-dried fruit, trail mix, pineapple slices and squeezable applesauce.

➜ **Rethink drinks.** Soda and other sugar-sweetened beverages are major culprits in over-the-top sugar consumption. Instead, try mixing a shot of flavorful juice with seltzer. There are also several new lower-sugar fruit-juice-blend products like Trop 50. And don't forget milk!



➜ **Focus on fruit.** It's okay to get your sugar from fruit because fresh produce also has lots of vitamins, minerals and fiber. For dessert, try sliced mango, frozen banana slices and grapes, or papaya drizzled with vanilla yogurt. Blueberries are at their peak right now so whip up our low-sugar shake (see recipe, right).

give it a whirl

Eat fruits in season when they're at their sweetest.

Berrylicious Shake

MAKES 2 servings
FREEZE 1 hour **PREP** 5 minutes

Peel 1 **banana**, cut into chunks and freeze for at least 1 hour. Combine banana in a blender with ½ cup **fresh or frozen blueberries,** ¾ cup **low-fat milk,** ½ cup **cold diet or regular pomegranate-blueberry juice** (such as Ocean Spray) and 1 cup fat-free, **sugar-free vanilla ice cream.** Cover blender and puree until smooth. Pour into glasses and serve.

PER SERVING 192 calories; 1 g fat (0 g sat.); 6 g protein; 42 g carbohydrate; 3 g fiber; 103 mg sodium; 3 mg cholesterol

Photos: (smoothie) Alison Miksch/Getty Images; (Ragone) Tina Rupp.

illustration by **Barry Falls**

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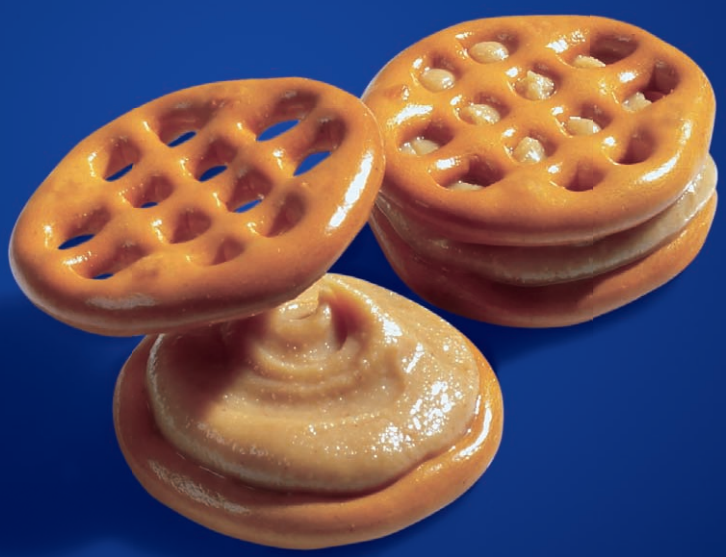

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« crispy buttermilk fried chicken

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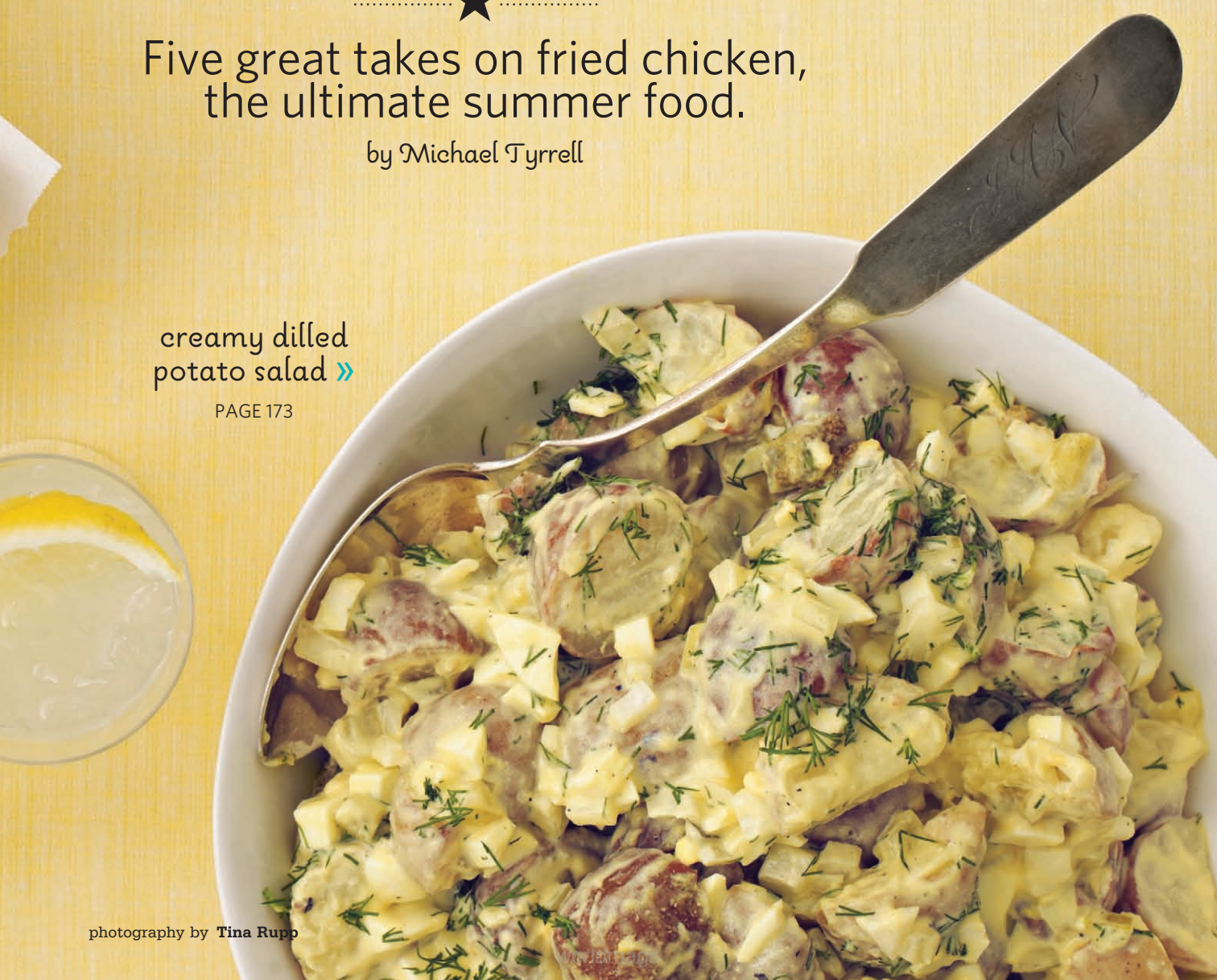
Southern Comfort

Five great takes on fried chicken, the ultimate summer food.

by Michael Tyrrell



creamy dilled potato salad »

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photography by **Tina Rupp**

« southwest-style fried wings

PAGE 173

Food styling: Cyd McDowell. Prop styling: Deborah Williams.

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Stork Tip

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Chinese five spice oven-fried chicken »

MAKES 8 pieces **PREP** 15 minutes
BAKE at 450° for 45 minutes

1½ cups panko bread crumbs
1 teaspoon Chinese five spice
1 teaspoon salt
¼ cup honey
1 tablespoon lemon juice
1 broiler-fryer chicken (about 3½ pounds), cut into 8 pieces, skin removed

❶ Heat oven to 450°. Fit a large rimmed baking sheet with a wire rack. Coat rack with nonstick cooking spray.

❷ In a shallow dish, whisk together panko, Chinese five spice and salt. In a medium-size bowl, whisk together honey, **1 tablespoon warm water** and lemon juice.

❸ Dip each piece of chicken into the honey mixture, shaking off excess. Roll in the panko mixture, pressing to adhere and place on the prepared rack.

❹ Bake chicken pieces at 450° for 15 minutes. Spritz chicken with nonstick cooking spray and bake an additional 30 minutes or until internal temperature registers 170° on an instant-read thermometer.

❺ Remove chicken from oven and serve immediately.

PER PIECE 266 calories; 5 g fat (1 g sat.); 38 g protein; 16 g carbohydrate; 0 g fiber; 383 mg sodium; 119 mg cholesterol

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ITALIAN FRIED CHICKEN

MAKES 8 pieces **PREP** 15 minutes **COOK** 22 minutes

- ½ cup all-purpose flour
- ½ cup seasoned bread crumbs
- ½ cup grated Parmesan cheese
- 1 teaspoon garlic salt
- 2 eggs
- 2 tablespoons milk
- ½ teaspoon salt
- 1 broiler-fryer chicken (about 3½ pounds), cut into 8 pieces
- 2 cups peanut oil

1. In a shallow dish, whisk together flour, bread crumbs, Parmesan and garlic salt. In a medium-size bowl, whisk together eggs, milk and salt.

2. Dip each piece of chicken into the egg mixture, shaking off excess. Roll in flour mixture and place on a baking sheet fitted with wire rack. Refrigerate while heating oil.

3. Place oil in a large lidded heavy-bottom skillet. Heat oil to 365° over medium-high heat. Add chicken, skin-side down. Fry, covered, about 22 minutes, turning every 4 minutes, or until internal temperature registers 170° on an instant-read thermometer. Transfer chicken to paper towels.

PER PIECE 410 calories; 32 g fat (8 g sat.); 24 g protein; 6 g carbohydrate; 0 g fiber; 326 mg sodium; 113 mg cholesterol

CHUNKY CORNBREAD

MAKES 12 servings
PREP 10 minutes
BAKE at 375° for 30 minutes

- ¾ cup all-purpose flour
- ½ cup cornmeal
- 2 tablespoons sugar
- 1 teaspoon baking powder
- ¾ teaspoon salt
- ½ cup milk
- 4 tablespoons butter, melted
- 1 egg
- 1 can (11 ounces) Mexicorn (corn kernels with mild red and green peppers), drained

1. Heat oven to 375°. Spray an 8-inch square baking pan with nonstick cooking spray.

2. In a large bowl, whisk together flour, cornmeal, sugar, baking powder and salt. In a medium bowl, whisk together milk, butter and egg.

3. Pour the milk mixture into the flour mixture and stir until evenly moistened. Fold in the Mexicorn. Spoon batter into prepared baking pan and spread evenly.

4. Bake at 375° for 30 minutes or until top of cornbread is golden. Allow to cool in pan on wire rack 10 minutes.

5. To serve, gently remove from pan; cut into 12 squares.

PER SERVING 126 calories; 5 g fat (3 g sat.); 3 g protein; 19 g carbohydrate; 1 g fiber; 333 mg sodium; 29 mg cholesterol

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Rosemary Roasted Chicken w

PACKAGE INCLUDES

- 2 tsp. McCormick® Paprika
- 1 1/2 tsp. McCormick® Crushed Rosemary Leaves
- 1 tsp. McCormick® Minced Garlic
- 1/2 tsp. McCormick® Coarse Ground Black Pepper

YOU WILL NEED

- 2 tbsp. olive oil
- 1 tsp. salt
- 6 bone-in chicken thighs, skin removed (about 2 lbs.)
- 1 1/2 lbs. small red potatoes, cut into 1-inch cubes

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SKINLESS FRIED CHICKEN

MAKES 8 pieces **PREP** 15 minutes **COOK** 22 minutes

1½ cups all-purpose flour
2 teaspoons reduced-sodium Old Bay seasoning
1 teaspoon salt
1 teaspoon black pepper
1 cup buttermilk
1 broiler-fryer chicken (about 3½ pounds), cut into 8 pieces and skin removed
2 cups peanut oil

❶ In a shallow dish, whisk together flour, Old Bay seasoning, salt and pepper. Place buttermilk in a medium-size bowl.

❷ Dip each piece of chicken into the buttermilk, shaking off excess. Roll in flour mixture and place on baking sheet fitted with wire rack. Refrigerate while heating oil.

❸ Place oil in large lidded heavy-bottom skillet. Heat oil to 365° over medium-high heat. Add chicken, flesh-side down. Fry, covered, about 20 to 22 minutes or until browned and crispy, turning chicken several times. Internal temperature should register 170° on an instant-read thermometer. Transfer chicken to paper towels.

PER PIECE 388 calories; 19 g fat (4 g sat.); 39 g protein; 13 g carbohydrate; 0 g fiber; 412 mg sodium; 120 mg cholesterol

OLD-FASHIONED COLESLAW

MAKES 12 servings **PREP** 10 minutes **REFRIGERATE** 4 hours or overnight

2 packages (12 ounces each) shredded broccoli slaw
4 cups shredded red cabbage
1 cup shredded carrot
1 cup light mayonnaise
½ cup reduced-fat sour cream
¾ cup buttermilk
2 tablespoons yellow mustard
¾ teaspoon salt
½ teaspoon black pepper

❶ In a large bowl, stir together the broccoli slaw, red cabbage and carrots. In a medium-size bowl, whisk together the mayonnaise, sour cream, buttermilk, mustard, salt and pepper.

❷ Fold the mayonnaise mixture into the vegetables and stir until well combined. Cover and refrigerate 4 hours or overnight.

PER SERVING 114 calories; 8 g fat (2 g sat.); 3 g protein; 8 g carbohydrate; 2 g fiber; 380 mg sodium; 13 mg cholesterol

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1. SOUTHWEST-STYLE FRIED WINGS

MAKES 12 wings **PREP** 15 minutes **COOK** 10 minutes

WINGS

- **1½ cups all-purpose flour**
- **2 teaspoons chili powder**
- **1 teaspoon ground cumin**
- **1 teaspoon salt**
- **¼ teaspoon cayenne pepper**
- **1 cup buttermilk**
- **12 chicken wings (about 2½ pounds)**
- **2 cups peanut oil**

DIP

- **1 cup prepared Ranch dressing**
- **2 tablespoons buttermilk**
- **2 scallions, chopped**

❶ **Wings**: In shallow dish, whisk together flour, chili powder, cumin, salt and cayenne. Pour buttermilk into a medium-size bowl.

❷ Dip each wing into the buttermilk, shaking off excess. Roll in the flour mixture and place on a baking sheet fitted with wire rack. Refrigerate while heating oil.

❸ Place oil in large lidded heavy-bottom skillet. Heat oil to 365° over medium-high heat. Add chicken and fry, covered, for about 5 minutes, until browned and crispy. Turn and fry an additional 5 minutes. If chicken is browning unevenly, move around in skillet with tongs. Transfer chicken to paper towels.

❹ **Dip:** In a small bowl, mix together the Ranch dressing, buttermilk and scallions. Serve with the wings.

PER WING 272 calories; 20 g fat (4 g sat.); 11 g protein; 10 g carbohydrate; 0 g fiber; 366 mg sodium; 35 mg cholesterol

(Includes 1½ tablespoons dip.)

2. CRISPY BUTTERMILK FRIED CHICKEN

MAKES 8 pieces **PREP** 15 minutes **COOK** 16 minutes per batch

- **3 cups all-purpose flour**
- **3 teaspoons salt**
- **2 teaspoons black pepper**
- **1½ teaspoons sugar**
- **1½ teaspoons paprika**
- **1½ cups buttermilk**
- **2 eggs**
- **1½ teaspoons baking powder**
- **¾ teaspoon baking soda**
- **1 broiler-fryer chicken (about 3½ pounds), cut into 8 pieces**
- **4 cups peanut oil**

❶ In a 13 x 9 x 2-inch baking pan, whisk together flour, salt, pepper, sugar and paprika. In a medium-size bowl, whisk together buttermilk, eggs, baking powder and baking soda until smooth.

❷ Dip each piece of chicken into buttermilk mixture, shaking off excess. Roll in flour mixture and then dip into buttermilk and flour mixture a second time. Place on a baking sheet fitted with a wire rack. Refrigerate while heating oil.

❸ Heat oven to 175°. Place oil in a large lidded heavy-bottom Dutch oven. Heat oil to 360° over medium-high heat. Place half of the chicken pieces, skin-side down, in the oil. Cover and reduce heat to medium. Fry chicken for 7 to 8 minutes or until golden brown. Check after 4 minutes to be sure chicken is browning evenly. Rearrange if necessary. Flip chicken over and fry an additional 7 to 8 minutes or until golden and internal temperature registers 170° on an instant-read thermometer. Transfer chicken to a baking sheet fitted with wire rack and place in oven to keep warm.

❹ Return oil to 360° and fry remaining chicken pieces. Serve warm.

PER PIECE 633 calories; 39 g fat (9 g sat.); 29 g protein; 39 g carbohydrate; 2 g fiber; 1,211 mg sodium; 139 mg cholesterol

3. CREAMY DILLED POTATO SALAD

MAKES 12 servings **PREP** 20 minutes **COOK** 20 minutes **REFRIGERATE** 4 hours or overnight

- **2½ pounds small red- and white-skinned potatoes (about 1-inch diameter), unpeeled**
- **1 medium-size onion, chopped**
- **6 hard-cooked eggs, peeled and chopped**
- **1 cup chopped dill pickles**
- **1 cup light mayonnaise**
- **3 tablespoons brine from pickles**
- **1 teaspoon garlic salt**
- **¼ teaspoon black pepper**
- **2 tablespoons chopped fresh dill**

❶ Place potatoes in a large pot of lightly salted water. Boil for 15 to 20 minutes or until tender. Drain well.

❷ Cut the potatoes in half (cut larger potatoes in quarters so all pieces are about the same size). Place the potatoes, onion, eggs and pickles in a large bowl. Stir gently to combine.

❸ In a small bowl, whisk together mayonnaise, brine, garlic salt, pepper and dill. Spoon mayo mixture into potato mixture and stir gently.

❹ Cover and refrigerate 4 hours or overnight.

PER SERVING 176 calories; 9 g fat (2 g sat.); 5 g protein; 19 g carbohydrate; 2 g fiber; 424 mg sodium; 113 mg cholesterol ●

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SLIM PICKINGS

CHICKEN STIR-FRY WITH MUSHROOMS & BOK CHOY
PAGE 185

Easy, delicious meals—and all 350 calories or less. Need we say more? BY JULIE MILTENBERGER

photography by **David Prince**

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GRILLED SHRIMP & COLD RICE SALAD
PAGE 185

Food styling: Liza Jernow. Prop styling: Christina Lane.

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SLOW COOKER CORN & CRAB CHOWDER

MAKES 10½ cups (4 servings) **PREP** 15 minutes **SLOW-COOK** 5 hours on HIGH or 7 hours on LOW

- **2 cans (14.5 ounces each) low-sodium, 99% fat-free chicken broth (3½ cups)**
- **½ pound all-purpose potatoes, peeled and diced**
- **1 cup baby carrots, cut into ¼-inch pieces**
- **1 medium-size onion, chopped**
- **2 ribs celery, trimmed and diced**
- **½ teaspoon fresh thyme leaves, chopped**
- **¼ teaspoon Old Bay seasoning**
- **5 ears corn on the cob, husks removed**
- **1 sweet red pepper, seeded and diced**
- **1 can (12 ounces) evaporated skim milk**
- **2 tablespoons cornstarch**
- **¼ teaspoon salt**
- **1 container (8 ounces) pasteurized crab claw meat (such as Phillips)**

❶ Combine chicken broth, potatoes, carrots, onion, celery, thyme and Old Bay in a large oval slow cooker. Place corn on the cob on top of vegetables. Cover and cook on HIGH for 4 hours or LOW for 6 hours.

❷ In a bowl, stir together red pepper, evaporated milk, cornstarch and salt.

❸ Uncover slow cooker and remove corn to a cutting board. Stir red pepper mixture into slow cooker, replace cover and cook on either HIGH or LOW for 1 hour.

❹ Meanwhile, when cool enough to handle, cut kernels from cobs. Stir corn kernels and crabmeat into soup and heat through. Serve warm.

PER SERVING 340 calories; 5 g fat (0 g sat.); 27 g protein; 54 g carbohydrate; 5 g fiber; 921 mg sodium; 61 mg cholesterol

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PENNE WITH SAUSAGE & PEAS

MAKES 6 servings
PREP 10 minutes
COOK 12 minutes

- **4 cups whole-wheat penne pasta, uncooked (12 ounces)**
- **2 tablespoons olive oil**
- **1 package (12 ounces) fully cooked roasted garlic chicken sausage, sliced on the diagonal**
- **2 cloves garlic, chopped**
- **1 pound tomatoes, seeded and chopped**
- **¼ teaspoon salt**
- **½ cup low-sodium, 99% fat-free chicken broth**
- **1 cup frozen peas, thawed**
- **2 tablespoons freshly grated Parmesan cheese**

1. Heat a large pot of lightly salted water to boiling. Add pasta and cook as per package directions, 12 minutes. Drain.
2. Meanwhile, heat 1 tablespoon of the oil in a large nonstick skillet over medium-high heat. Add the sausage and cook 3 minutes, turning a few times, until browned. Scoop out sausage with a slotted spoon onto a plate.
3. Reduce heat to medium and add remaining 1 tablespoon oil and the garlic. Cook 30 seconds. Stir in tomatoes and salt and cook 2 minutes. Stir in chicken broth, peas and browned sausage. Heat through.
4. Place cooked pasta in a large bowl. Add sausage mixture and 1 tablespoon of Parmesan. Toss to combine. Top with remaining tablespoon Parmesan and serve warm.

PER SERVING 350 calories; 10 g fat (2 g sat.); 20 g protein; 50 g carbohydrate; 7 g fiber; 561 mg sodium; 62 mg cholesterol

Acid reflux disease

Burning
BAD TASTE IN YOUR THROAT
belching

Acid reflux disease.
It's got many faces.

And lots of symptoms like heartburn, and even a bad taste in your throat or belching. So, if you have persistent heartburn (2 or more days a week) and other symptoms, despite treatment and diet change, talk to your doctor. It could be acid reflux disease. And find out if prescription ACIPHEX is right for you. Because burning, bad taste, and belching don't look good on anyone.

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AcipHex®
rabeprazole sodium

IMPORTANT SAFETY INFORMATION

ACIPHEX has a well-established safety profile.

In adults, the most common side effects with ACIPHEX include pain, sore throat, gas, infection, and constipation.

Symptom relief does not rule out other serious stomach conditions.

Before taking ACIPHEX, tell your doctor if you are taking atazanavir, digoxin, iron salts, ketoconazole, or warfarin.

To learn more, talk to your doctor and read the patient information on the next page.

In adults (≥18 years of age), one ACIPHEX 20 mg tablet daily is used for the treatment of persistent, frequent (2 or more days a week) heartburn and other symptoms associated with acid reflux disease.

Individual results may vary.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

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01AX2137 March 2010

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PATIENT INFORMATION

ACIPHEX (a-se-feks)
(rabeprazole sodium)
Delayed-Release Tablets

Read the Patient Information that comes with ACIPHEX before you start taking it and each time you get a refill. There may be new information. This leaflet does not take the place of talking to your healthcare provider about your medical condition or treatment.

What is ACIPHEX?

ACIPHEX is a medicine called a proton pump inhibitor or an "acid pump inhibitor". This means it reduces the amount of acid that is made by your stomach. ACIPHEX is used in adults:

- for the short-term (4 to 8 weeks) treatment in the healing and symptom relief of damaging (erosive) Gastroesophageal Reflux Disease (GERD).
- to maintain healing of damage (erosions) and relief of heartburn symptoms with GERD. ACIPHEX has not been studied for treatment lasting longer than 12 months (1 year).
- for the treatment of daytime and nighttime heartburn and other symptoms that happen with GERD.
- for short-term treatment (up to 4 weeks) in the healing and relief of stomach-area (duodenal) ulcers. The duodenal area is the area where food passes when it leaves the stomach. The main symptom of a duodenal ulcer is a steady pain in the stomach area.
- with certain antibiotic medicines for the treatment of an infection caused by bacteria called *H. pylori*. Sometimes *H. pylori* bacteria can cause duodenal ulcers. The infection needs to be treated to prevent the ulcers from coming back.
- for the long-term treatment of conditions where your stomach makes too much acid. This includes a condition called Zollinger-Ellison syndrome.

ACIPHEX is used in adolescents 12 years of age and above:

- for the short-term (up to 8 weeks) treatment of GERD.
- The safety and effectiveness of ACIPHEX has not been established for children under the age of 12.

Who should not take ACIPHEX?

Do not take ACIPHEX if you:

- are allergic to any of the ingredients in ACIPHEX. See the end of this leaflet for a complete list of ingredients in ACIPHEX.
- are allergic to any other Proton Pump Inhibitor (PPI) medicine.

What should I tell my doctor before I take ACIPHEX?

Tell your doctor about all of your medical conditions, including if you:

- have any liver problems.
- have any allergies.
- are pregnant or planning to become pregnant. It is not known if ACIPHEX can harm your unborn baby.
- are breastfeeding. It is not known if ACIPHEX passes into your breast milk or if it can harm your baby. You should choose to breastfeed or take ACIPHEX, but not both. Talk to your doctor about other ways to feed your baby while taking ACIPHEX.

Tell your doctor about all the medicines you take, including prescription and non-prescription medicines, vitamins and herbal supplements. ACIPHEX and certain medicines can affect each other. This can cause serious side effects. Know the medicines that you take. Keep a list of them with you and show it to your doctor when you get a new medicine. Be sure to tell your doctor if you are taking:

- atazanavir (Reyataz)
- cyclosporine (Sandimmune, Neoral)
- digoxin (Lanoxin)
- ketoconazole (Nizoral)
- warfarin (Coumadin)
- antibiotics

How should I take ACIPHEX?

- Take ACIPHEX exactly as prescribed. Your doctor will prescribe the dose that is right for you and your medical condition. Do not change your dose or stop taking ACIPHEX unless you talk to your doctor. Take ACIPHEX for as long as it is prescribed even if you feel better.
- ACIPHEX is usually taken once a day. Your doctor will tell you the time of day to take ACIPHEX, based on your medical condition.
- ACIPHEX can be taken with or without food. Your healthcare provider will tell you whether to take this medicine with or without food based on your medical condition.
- Swallow each ACIPHEX tablet whole with water. **Do not chew, crush, or split ACIPHEX tablets** because this will damage the tablet and the medicine will not work. Tell your doctor if you cannot swallow tablets whole. You may need a different medicine.
- **If you miss a dose of ACIPHEX, take it as soon as possible. If it is almost time for your next dose, skip the missed dose and go back to your normal schedule. Do not take 2 doses at the same time.**
- If you take too much ACIPHEX, call your doctor or Poison Control Center right away, or go to the emergency department.
- Your doctor may prescribe antibiotic medicines with ACIPHEX to help treat a stomach infection and heal stomach-area (duodenal) ulcers that are caused by bacteria called *H. pylori*. Make sure you read the patient information that comes with an antibiotic before you start taking it.

What are the possible side effects of ACIPHEX?

ACIPHEX, like other proton pump inhibitors, may cause serious allergic reactions. See the end of this leaflet for a complete list of ingredients in ACIPHEX.

The most common side effects with ACIPHEX may include:

- headache
- pain
- pharyngitis
- flatulence
- infection
- constipation

These are not all the side effects of ACIPHEX. For more information, ask your doctor or pharmacist.

Call your healthcare provider for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store ACIPHEX?

- Store ACIPHEX in a dry place at room temperature, 59°F to 86°F (15°C to 30°C).
- **Keep ACIPHEX and all medicines out of the reach of children.**

General Information about ACIPHEX

Medicines are sometimes prescribed for conditions other than those described in patient information leaflets. Do not use ACIPHEX for any condition for which it was not prescribed by your doctor. Do not give ACIPHEX to other people, even if they have the same symptoms as you. It may harm them.

This leaflet summarizes the most important information about ACIPHEX. If you would like more information, talk to your doctor. You can also ask your doctor or pharmacist for information about ACIPHEX that is written for healthcare professionals. For full product information, visit the website at http://www.aciphex.com/ or call the toll-free numbers 1-888-4-ACIPHEX or 1-800 JANSSEN.

What are the ingredients in ACIPHEX?

Active Ingredient: rabeprazole sodium

Inactive ingredients of the 20 mg tablet are carnauba wax, crospovidone, diacetylated monoglycerides, ethylcellulose, hydroxypropyl cellulose, hypromellose phthalate, magnesium stearate, mannitol, propylene glycol, sodium hydroxide, sodium stearyl fumarate, talc, and titanium dioxide. Iron oxide yellow is the coloring agent for the tablet coating. Iron oxide red is the ink pigment.

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What is GERD?

Your stomach needs acid to help your body digest food. Stomach acid is made by tiny acid pumps in the cells that line your stomach. If your body makes too much acid or cannot protect itself against a normal amount of acid, medical problems such as GERD can happen.

GERD happens when acid in your stomach backs up into the tube (esophagus) that connects your mouth to your stomach. Stomach acid can damage (erode) the lining of your esophagus. Some symptoms of GERD are heartburn, sour taste in the back of your throat and burping.

For prescription only

Revised January 2009

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BAKED POTATOES FLORENTINE

MAKES 4 servings **PREP** 5 minutes **MICROWAVE** 16 minutes **COOK** 8 minutes **BAKE** at 400° for 10 minutes **BROIL** 2 minutes

- 4 Idaho baking potatoes, about 8 ounces each, scrubbed
- 1 tablespoon olive oil
- 1 large onion, chopped
- 1 bag (9 ounces) baby spinach, coarsely chopped
- ½ teaspoon salt
- ⅛ teaspoon pepper
- 1 large egg, separated
- 1 package (4 ounces) crumbled feta cheese

❶ Heat oven to 400°. Pierce potatoes with a fork. Place on paper towels in microwave. Microwave on HIGH for 16 minutes, turning over halfway through.

❷ Meanwhile, heat oil in a large nonstick skillet over medium heat. Add onion and cook 5 minutes. Stir in half the spinach and cook down slightly. Add remaining spinach and cook until all is wilted, about 3 minutes. Season with ¼ teaspoon of the salt and the pepper. Remove skillet from heat; transfer spinach mixture to a large bowl and cool slightly.

❸ Line a small baking sheet with aluminum foil; place potatoes on foil. Carefully cut open potatoes; sprinkle with remaining ¼ teaspoon salt.

❹ Beat the egg white to stiff peaks. Once the spinach mixture has cooled slightly, stir in egg yolk and all but 2 tablespoons of the feta cheese. Fold the egg white into the spinach mixture. Divide spinach mixture evenly among potatoes (about ½ cup in each). Sprinkle all with remaining cheese.

❺ Bake at 400° for 10 minutes. Increase heat to broil. Run potatoes under broiler for 2 minutes.

PER POTATO 345 calories; 11 g fat (5 g sat.); 12 g protein; 53 g carbohydrate; 7 g fiber; 739 mg sodium; 78 mg cholesterol

PORK TACOS WITH PINEAPPLE SALSA

MAKES 10 tacos (5 servings) **PREP** 15 minutes **MARINATE** 15 minutes **GRILL OR BROIL** 6 minutes **MICROWAVE** 1 minute

DRESSING
- ¼ cup lime juice
- 1 teaspoon sugar
- ⅛ teaspoon salt
- ⅛ teaspoon pepper
- 3 tablespoons extra-virgin olive oil
- 2 tablespoons chopped cilantro

SALSA
- 2 cups pineapple chunks, diced
- 2 plum tomatoes, seeded and chopped
- 2 cloves garlic, minced
- 1 jalapeño pepper, seeded and finely diced

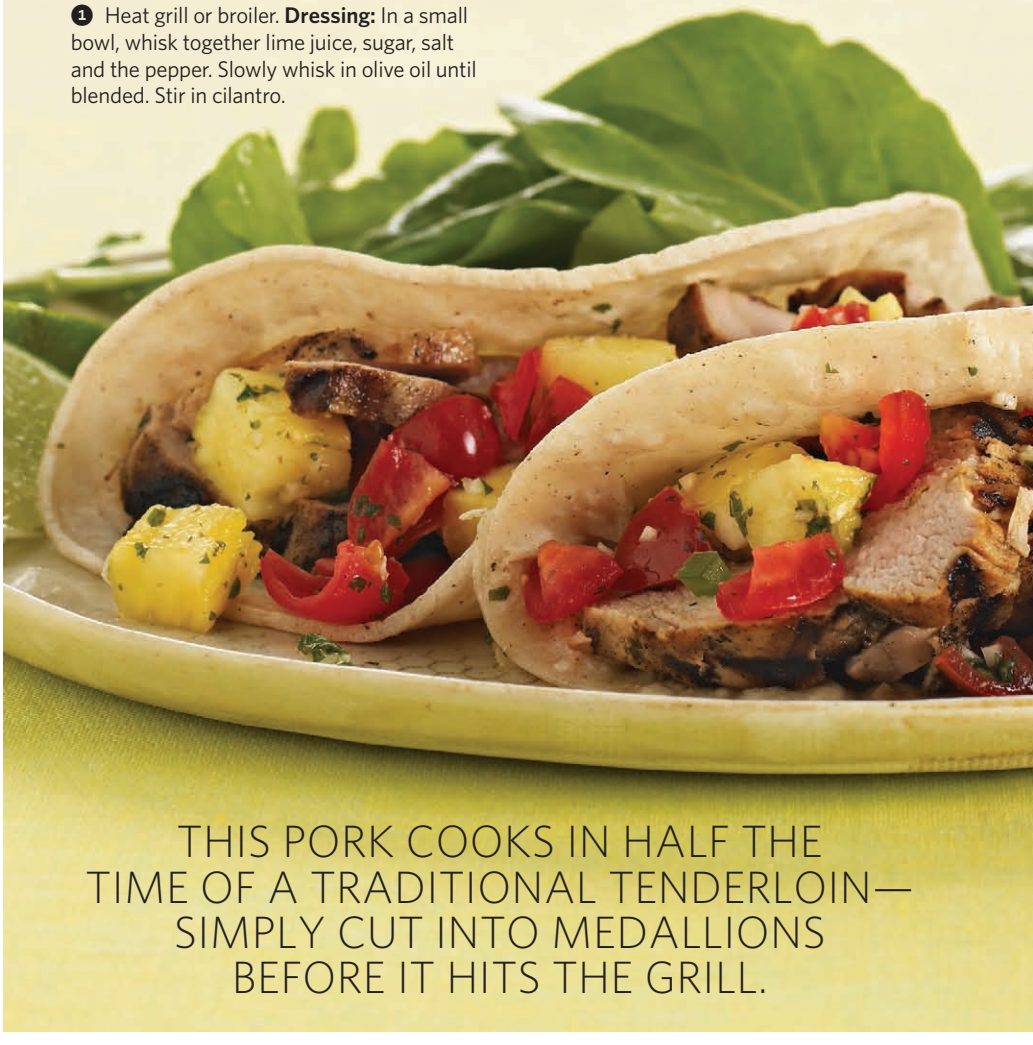
PORK TACOS
- 1 pork tenderloin, about 1¼ pounds, sliced ½ inch thick
- ¼ teaspoon salt
- 1 package white corn tortillas (10 per package)

❶ Heat grill or broiler. **Dressing:** In a small bowl, whisk together lime juice, sugar, salt and the pepper. Slowly whisk in olive oil until blended. Stir in cilantro.

❷ **Salsa**: In medium bowl, combine pineapple, tomatoes, garlic and jalapeño. Stir in 2 tablespoons of the dressing.

❸ **Pork tacos:** Combine remaining dressing (about ⅓ cup) with the pork in a resealable plastic bag. Marinate in refrigerator about 15 minutes. Grill or broil pork about 6 minutes, turning, or until desired doneness. Slice into thin strips, and sprinkle with ¼ teaspoon salt. Wrap tortillas in damp paper towels and microwave 1 minute. To serve, fill a warm tortilla with a few pork strips and some salsa, and fold up.

PER SERVING 343 calories; 13 g fat (2 g sat.); 25 g protein; 30 g carbohydrate; 3 g fiber; 256 mg sodium; 69 mg cholesterol



THIS PORK COOKS IN HALF THE TIME OF A TRADITIONAL TENDERLOIN—SIMPLY CUT INTO MEDALLIONS BEFORE IT HITS THE GRILL.

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1. CHICKEN STIR-FRY WITH MUSHROOMS & BOK CHOY

MAKES 6 servings
PREP 15 minutes **COOK** 11 minutes

- ¾ cup low-sodium, 99% fat-free chicken broth
- 3 tablespoons teriyaki sauce
- 3 tablespoons rice vinegar
- 2 tablespoons cornstarch
- 1½ teaspoons sugar
- ⅛ teaspoon red pepper flakes
- 2 teaspoons canola oil
- 2 teaspoons sesame oil
- 1 pound boneless, skinless chicken breast for stir-fry (thin strips)
- 1 package (3.5 ounces) shiitake mushroom caps, cleaned and sliced (1½ to 2 cups)
- 1 package (9.5 ounces) soba noodles
- 1 pound bok choy, trimmed and sliced into bite-size pieces
- 1 sweet red pepper, seeded and cut into thin strips

❶ In a measuring cup, whisk broth, teriyaki, vinegar, cornstarch, sugar and red pepper flakes. Set aside.

❷ Bring a large pot of water to boiling. Heat the canola and the sesame oils in a large nonstick skillet over medium-high heat. Add chicken and cook 4 minutes, stirring occasionally. Remove to a plate. Add mushrooms and cook 2 minutes.

❸ Meanwhile, add soba noodles to boiling water and cook, 3 to 4 minutes. Drain.

❹ Add bok choy and red pepper strips to skillet. Cook 2 minutes. Return chicken to pan along with broth mixture. Cook 2 to 3 minutes, until thickened. Gently stir in soba noodles and serve.

PER SERVING 325 calories; 5 g fat (1 g sat.); 26 g protein; 45 g carbohydrate; 2 g fiber; 805 mg sodium; 44 mg cholesterol

2. GRILLED SHRIMP & COLD RICE SALAD

MAKES 4 servings
PREP 10 minutes **COOK** 15 minutes
LET STAND 10 minutes
GRILL OR BROIL 4 minutes

- 1 cup wild, brown and red rice mix (such as Rice Select)
- ½ cup sweetened, dried cranberries
- ¾ teaspoon salt
- 8 ounces broccoli florets, cut in half if large
- ¼ cup cider vinegar
- 1 tablespoon Dijon mustard
- 1 tablespoon honey
- 2 tablespoons olive oil
- 1 pound peeled and deveined medium-size shrimp

❶ In a medium-size saucepan, combine **1½ cups water**, rice, cranberries and ½ teaspoon of the salt. Bring to a boil over high heat, stir once, then cover and reduce heat to medium-low. Cook 10 minutes, then add broccoli florets to pan. Re-cover and cook an additional 5 minutes. Remove from heat; let stand 10 minutes.

❷ Meanwhile, combine remaining ¼ teaspoon salt, the vinegar, mustard and honey in a measuring cup or bowl. Whisk in olive oil until blended. Place shrimp in a bowl. Add 2 tablespoons of the dressing and toss to coat. Toss remaining dressing with rice mixture in a large bowl. Refrigerate while heating grill and cooking shrimp.

❸ Heat grill pan, grill or broiler. Grill or broil shrimp 4 minutes, turning once, or until cooked through.

❹ To serve, spoon about 1 cup rice salad onto plate. Top with shrimp.

PER SERVING 339 calories; 8 g fat (1 g sat.); 22 g protein; 44 g carbohydrate; 3 g fiber; 742 mg sodium; 168 mg cholesterol ●

Funny Faces
Rice Krispies Treats®

Ingredients

- 3 tablespoons butter or margarine
- 1 package (10 ounces, about 40) regular marshmallows or
- 4 cups miniature marshmallows
- Food coloring (optional)
- 6 cups Rice Krispies® cereal or
- 6 cups Cocoa Krispies® cereal
- Canned frosting or decorating gel
- Assorted candies

Directions

1. In large saucepan melt butter over low heat. Add marshmallows and stir until completely melted. Remove from heat. To turn the mixture a fun color, stir in a few drops of food coloring, if desired.
2. Add KELLOGG'S® RICE KRISPIES® cereal. Stir until well coated.
3. Using 1/2-cup measuring cup coated with cooking spray divide warm cereal mixture into portions. Using buttered hands shape each portion into a circular shape. Decorate with frosting and/or candies. Best if served the same day.

For more recipes and nutrition information, visit ricekrispies.com

Kellogg's® RICE KRISPIES®

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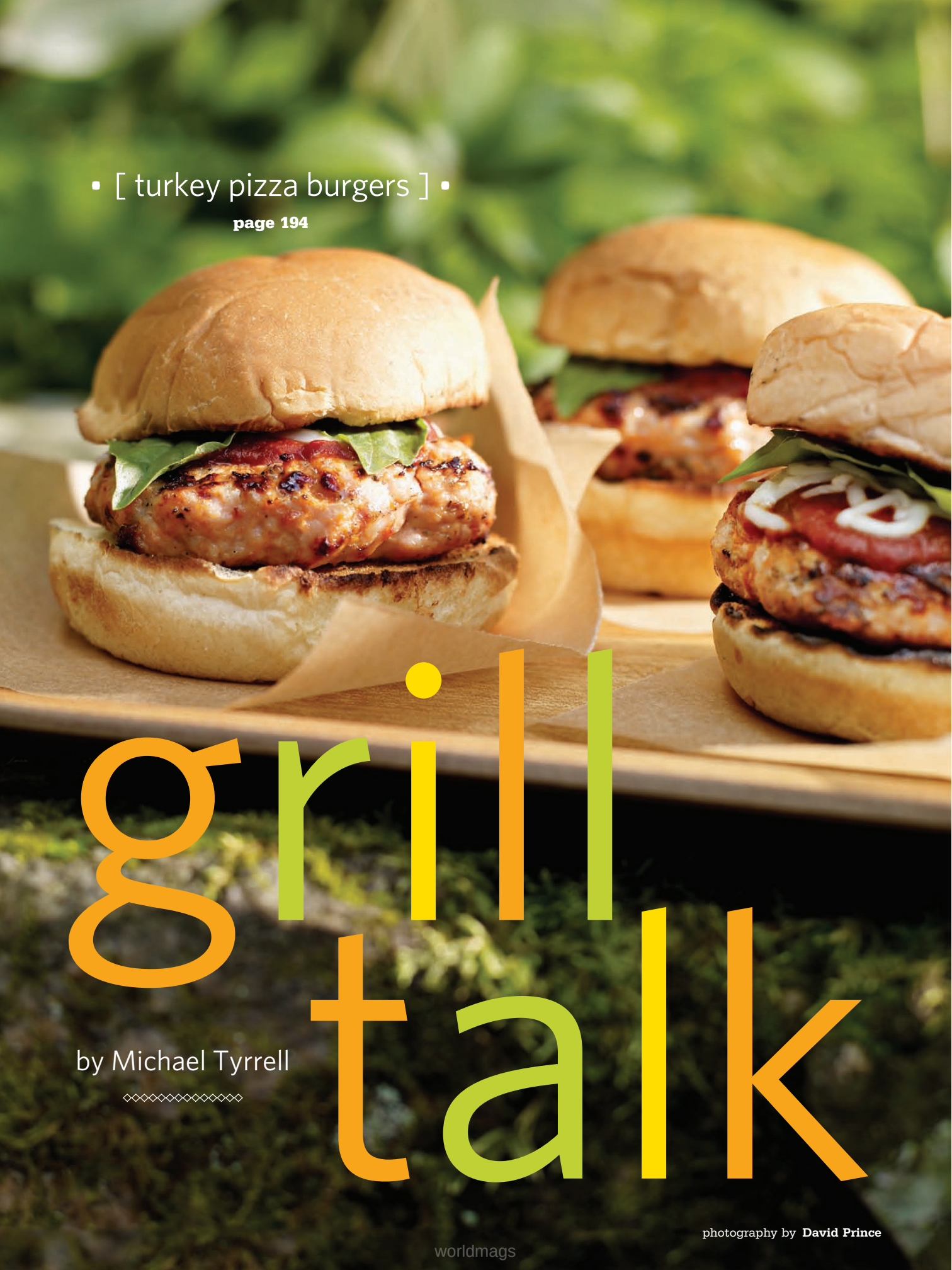

• [turkey pizza burgers] •

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grill talk

by Michael Tyrrell

photography by **David Prince**

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Five simple suppers—with a variation for each—yield two weeks of stress-free meals.

• [sweet & spicy grilled vegetables with chicken sausage] •

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Add another layer of taste to this dish by brushing pitas with garlic-flavored oil and grilling for a minute or two before serving.

• [grilled shrimp pitas] •

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Food styling: Liza Jernow. Prop styling: Christina Lane.

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• [citrusy tequila chicken thighs] •

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COCOA-CHILE-RUBBED STEAK & SWEET POTATOES

MAKES 6 servings **PREP** 20 minutes
GRILL sweet potatoes for 45 minutes; steak for 6 minutes

- **5 teaspoons McCormick cocoa-chile blend**
- **1½ teaspoons ground cumin**
- **1½ teaspoons garlic salt**
- **3 large sweet potatoes, about 10 ounces each, scrubbed**
- **2 tablespoons vegetable oil**
- **1 large red onion, chopped**
- **1½ pounds flatiron or skirt steak**
- **Lime wedges and chopped cilantro (optional)**

❶ Heat gas grill to medium-high or prepare charcoal grill with medium-hot coals. Lightly coat grill rack with oil or cooking spray.

❷ In a small bowl, stir together the cocoa-chile blend, cumin and garlic salt. Set aside.

❸ Cut potatoes in half lengthwise and then crosswise into 1-inch slices. Brush cut sides with 1 tablespoon oil and sprinkle each with ¼ teaspoon of the cocoa-chile mixture. Place 2 halves in foil and sprinkle about 3 tablespoons of the onion over each. Wrap tightly and place on the grill. Close lid and grill for 35 to 45 minutes or until tender.

❹ Brush steak with remaining oil. Rub remaining chile mixture over both sides of steak. Grill for 2 to 3 minutes per side for medium-rare.

❺ Slice the steak and serve with sweet potatoes, and lime wedges and chopped cilantro, if desired.

PER SERVING 328 calories; 15 g fat (9 g sat.); 24 g protein; 23 g carbohydrate; 3 g fiber; 357 mg sodium; 55 mg cholesterol

» Variation | **Spread the cocoa-chile mixture over pork chops, and swap in white potatoes for the sweet for another twist on this Latin-inspired meal.**

SWEET & SPICY GRILLED VEGETABLES WITH CHICKEN SAUSAGE

MAKES 6 servings **PREP** 20 minutes
GRILL 20 minutes total

SAUCE

- **¾ cup peach preserves**
- **¼ cup light soy sauce**
- **2 tablespoons ginger root, finely chopped**
- **2 cloves garlic, finely chopped**
- **1 teaspoon Asian hot chili sauce, such as Sriracha**

VEGETABLES AND SAUSAGE

- **1 medium-size eggplant, halved lengthwise and cut into ½-inch-thick slices**
- **2 large zucchini, cut diagonally into ⅓-inch-thick slices**
- **2 summer squash, cut diagonally into ⅓-inch-thick slices**
- **3 assorted sweet peppers, seeds removed, each cut into 4 pieces**
- **4 tablespoons vegetable oil**
- **1 package (12 ounces) cooked chicken and apple sausages**
- **½ pound whole-wheat spaghetti, cooked following package directions**

❶ **Sauce**: In a small bowl, whisk together the preserves, soy sauce, ginger, garlic and chili sauce. Stir in **2 tablespoons water**. Set aside.

❷ Heat gas grill to medium-high or prepare a charcoal grill with medium-hot coals. Lightly coat grill rack with oil or nonstick cooking spray.

❸ **Vegetables and Sausage**: In a large bowl, toss the vegetables with the vegetable oil. Grill in batches for about 5 minutes per side, brushing the sauce over the vegetables every few minutes. Brush the sausage with the sauce and grill for about 3 minutes per side, until nicely browned. Remove to a cutting board and slice into chunks on the bias.

❹ Toss the pasta with the remaining sauce and serve alongside vegetables and sausage.

PER SERVING 483 calories; 19 g fat (4 g sat.); 17 g protein; 68 g carbohydrate; 10 g fiber; 859 mg sodium; 50 mg cholesterol

» Variation | **Try going meatless once a week by substituting firm tofu for the sausages and serve over rice noodles.**

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1. CITRUSY TEQUILA CHICKEN THIGHS

MAKES 6 servings
PREP 10 minutes **MARINATE** 4 hours or overnight **COOK** 1 minute **GRILL** 30 minutes

CHICKEN

- ½ cup orange juice
- ¼ cup lime juice
- ¼ cup tequila
- 2 tablespoons canola oil
- 1 teaspoon salt
- ½ teaspoon McCormick Smokehouse pepper
- 6 large skinless bone-in chicken thighs

RICE SALAD

- 3 tablespoons olive oil
- 3 tablespoons leftover marinade
- ¼ teaspoon salt
- 3 cups cooked rice
- ½ *each* red and yellow sweet peppers
- 2 scallions, trimmed and thinly sliced
- 1 tablespoon chopped cilantro

❶ **Chicken**: Place orange juice, lime juice, tequila, canola oil, salt and pepper in a large resealable plastic bag. Add chicken and seal. Marinate in refrigerator for 4 hours or overnight.

❷ Heat gas grill to medium-high or prep charcoal grill with medium-hot coals and set up one side for indirect grilling. Lightly coat grill rack with oil or nonstick cooking spray.

❸ Remove chicken from plastic bag and pour marinade into a small saucepan. Boil for 1 minute and reserve. Place chicken on direct heat and grill for 5 minutes per side. Remove to indirect heat and grill for 20 minutes or until internal temperature reaches 160° on an instant-read thermometer. Baste every 5 minutes with the reserved marinade.

❹ **Rice Salad**: In a large bowl, whisk olive oil, 3 tablespoons of the marinade and salt. Stir in rice, peppers, scallions and cilantro. Serve at room temperature with chicken.

PER SERVING 405 calories; 18 g fat (3 g sat.); 25 g protein; 31 g carbohydrate; 1 g fiber; 568 mg sodium; 110 mg cholesterol

» Variation | **Sub in swordfish for chicken; marinate 20 minutes before grilling.**

2. TURKEY PIZZA BURGERS

MAKES 6 servings
PREP 10 minutes **GRILL** 8 minutes

- 1⅓ pounds lean ground turkey
- 9 tablespoons prepared marinara sauce
- 1 teaspoon dried Italian seasoning
- ½ teaspoon garlic salt
- ½ teaspoon onion salt
- 6 tablespoons shredded reduced-fat mozzarella cheese
- 12 fresh basil leaves
- 6 hamburger rolls or hard rolls

❶ Heat gas grill to medium-high or prepare charcoal grill with medium-hot coals and set up one side for indirect grilling. Lightly coat grill rack with oil or nonstick cooking spray.

❷ In a large bowl, mix together turkey, 3 tablespoons of the marinara sauce, Italian seasoning, garlic salt and onion salt. Form into 6 equal patties. Grill for 4 minutes per side or until internal temperature registers 160° on an instant-read thermometer.

❸ Turn off grill. Top each burger with 1 tablespoon marinara sauce, 1 tablespoon of cheese and 2 basil leaves. Close grill and wait 5 minutes until cheese melts. If using charcoal, place burgers over indirect heat. Serve on buns.

PER SERVING 303 calories; 12 g fat (4 g sat.); 25 g protein; 24 g carbohydrate; 2 g fiber; 706 mg sodium; 82 mg cholesterol

» Variation | **For a Mexican option, omit marinara, mozzarella, basil and seasoning. Mix 2 chopped chipotle chiles in adobo into meat. Top burgers with pepper Jack and salsa.**

3. GRILLED SHRIMP PITAS

MAKES 6 servings
PREP 20 minutes **MARINATE** 15 minutes **GRILL** 6 minutes

SAUCE

- 1 container (7 ounces) reduced-fat plain Greek yogurt (such as Fage)
- 4 ounces herb-seasoned feta cheese, crumbled
- ½ seedless cucumber, peeled, halved and thinly sliced
- 1 tablespoon lemon juice

SHRIMP

- 3 tablespoons olive oil
- 2 tablespoons lemon juice
- 2 tablespoons chopped fresh mint
- 2 tablespoons chopped fresh oregano
- 2 cloves garlic, finely chopped
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 1½ pounds large shrimp, shelled and deveined
- 6 whole-wheat pitas, about 6-inch diameter
- 3 cups iceberg salad mix
- Sliced red onion and plum tomatoes (optional)

❶ **Sauce**: In a medium-size bowl, stir together yogurt, crumbled feta, cucumber and lemon juice. Cover and refrigerate until ready to use.

❷ **Shrimp**: Combine olive oil, lemon juice, mint, oregano, garlic, salt and pepper in a large resealable plastic bag. Add shrimp, seal bag and shake to coat shrimp with marinade. Refrigerate for 15 minutes.

❸ Heat gas grill to medium-high or prepare a charcoal grill with medium-hot coals. Lightly coat grill rack with oil or nonstick cooking spray. Place shrimp in a grilling basket and grill for 3 minutes. Baste once with the remaining marinade. Turn shrimp and grill for an additional 2 to 3 minutes or until shrimp is cooked.

❹ To serve, equally divide the salad, sauce and shrimp over each pita. Add onion and tomato, if desired.

PER SERVING 406 calories; 15 g fat (5 g sat.); 31 g protein; 40 g carbohydrate; 5 g fiber; 972 mg sodium; 183 mg cholesterol

» Variation | **To try a Tuscan spin, marinate shrimp in reduced-fat Italian dressing. Serve on a Boboli crust with sliced tomato and fresh mozzarella.**

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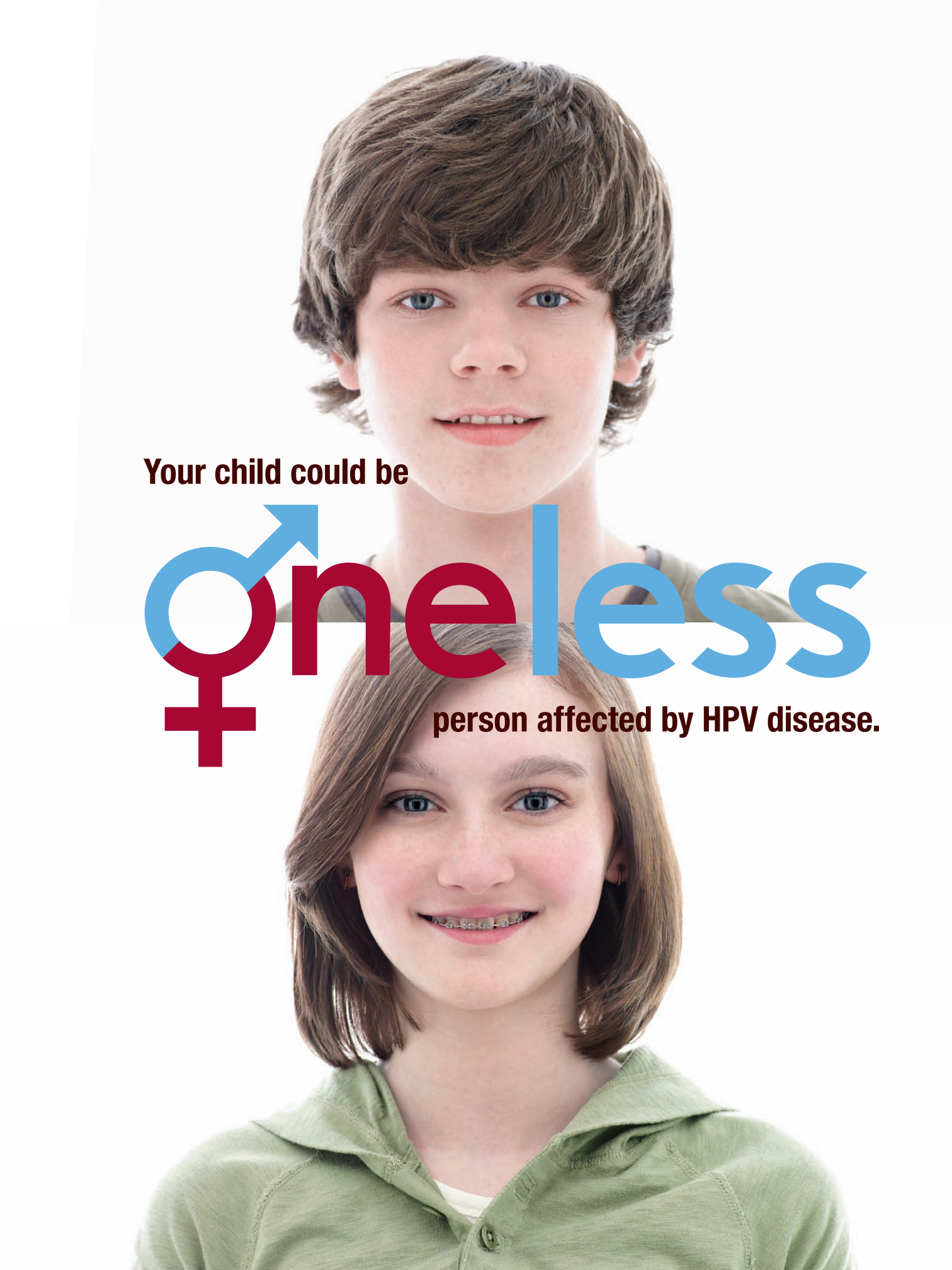
Your child could be
oneless
person affected by HPV disease.

Now you can help protect both your son & daughter with GARDASIL.

Because HPV disease can impact males and females.

There are over 30 types of human papillomavirus (HPV) that will affect an estimated 75% to 80% of males and females in their lifetime. For most, HPV clears on its own. But, for 30 women a day in the US (about 11,000 women a year), certain types of HPV lead to cervical cancer.

Other types of HPV can cause genital warts in both males and females. It is estimated that each minute in the US, there is a new case of genital warts.

GARDASIL is the only HPV vaccine that helps protect against 4 types of HPV. In girls and young women ages 9 to 26, GARDASIL helps protect against 2 types of HPV that cause about 75% of cervical cancer cases, and 2 more types that cause 90% of genital warts cases. In boys and young men ages 9 to 26, GARDASIL helps protect against 90% of genital warts cases.

GARDASIL may not fully protect everyone. GARDASIL does not prevent all types of cervical cancer, so it's important for women to continue routine cervical cancer screenings. GARDASIL does not treat cervical cancer or genital warts. GARDASIL is given as 3 injections over 6 months.

IMPORTANT SAFETY INFORMATION

Anyone who is allergic to the ingredients of GARDASIL, including those severely allergic to yeast, should not receive the vaccine. GARDASIL is not for women who are pregnant.

The side effects include pain, swelling, itching, bruising, and redness at the injection site, headache, fever, nausea, dizziness, vomiting, and fainting. Fainting can happen after getting GARDASIL. Sometimes people who faint can fall and hurt themselves. For this reason, your health care professional may ask your child to sit or lie down for 15 minutes after your child gets GARDASIL. Some people who faint might shake or become stiff. This may require evaluation or treatment by your health care professional.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088. Please see the Patient Information on the next page to discuss it with your child's doctor or health care professional.

GARDASIL®

[Human Papillomavirus Quadrivalent (Types 6, 11, 16, and 18) Vaccine, Recombinant]

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Talk to your child's doctor today.

patient assistance program

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USPPI
Patient Information about GARDASIL® (pronounced "gard-Ah-sill")
Generic name: [Human Papillomavirus Quadrivalent (Types 6, 11, 16, and 18) Vaccine, Recombinant]

Read this information with care before getting GARDASIL.[1] You (the person getting GARDASIL) will need 3 doses of the vaccine. It is important to read this leaflet when you get each dose. This leaflet does not take the place of talking with your health care provider about GARDASIL.

What is GARDASIL?
GARDASIL is a vaccine (injection/shot) that is used for girls and women 9 through 26 years of age to help protect against the following diseases caused by Human Papillomavirus (HPV):
- Cervical cancer
- Vulvar and vaginal cancers
- Genital warts
- Abnormal and precancerous cervical, vaginal, and vulvar lesions
  - The diseases listed above have many causes, and GARDASIL only protects against diseases caused by certain kinds of HPV (called Type 6, Type 11, Type 16, and Type 18). Most of the time, these 4 types of HPV are responsible for the diseases listed above.
  - GARDASIL cannot protect you from a disease that is caused by other types of HPV, other viruses, or bacteria.
  - GARDASIL does not treat HPV infection.
  - You cannot get HPV or any of the above diseases from GARDASIL.

GARDASIL is used for boys and men 9 through 26 years of age to help protect against genital warts.

What important information about GARDASIL should I know?
- You should continue to get routine cervical cancer screening.
- GARDASIL may not fully protect everyone who gets the vaccine.
- GARDASIL will not protect against HPV types that you already have.

Who should not get GARDASIL?
You should not get GARDASIL if you have, or have had:
- an allergic reaction after getting a dose of GARDASIL.
- a severe allergic reaction to yeast, amorphous aluminum hydroxyphosphate sulfate, polysorbate 80.

What should I tell my health care provider before getting GARDASIL?
Tell your health care provider if you:
- are pregnant or planning to get pregnant. GARDASIL is not recommended for use in pregnant women.
- have immune problems, like HIV infection, cancer, or you take medicines that affect your immune system.
- have a fever over 100°F (37.8°C).
- had an allergic reaction to another dose of GARDASIL.
- take any medicines, even those you can buy over the counter.

Your health care provider will help decide if you should get the vaccine.

How is GARDASIL given?
GARDASIL is a shot that is usually given in the arm muscle. You will need 3 shots given on the following schedule:
- Dose 1: at a date you and your health care provider choose.
- Dose 2: 2 months after Dose 1.
- Dose 3: 6 months after Dose 1.

Fainting can happen after getting GARDASIL. Sometimes people who faint can fall and hurt themselves. For this reason, your health care provider may ask you to sit or lie down for 15 minutes after you get GARDASIL. Some people who faint might shake or become stiff. This may require evaluation or treatment by your health care provider.

Make sure that you get all 3 doses on time so that you get the best protection. If you miss a dose, talk to your health care provider.

What are the possible side effects of GARDASIL?
The most common side effects with GARDASIL are:
- pain, swelling, itching, bruising, and redness at the injection site
- headache
- fever
- nausea
- dizziness
- vomiting
- fainting

Tell your health care provider if you have any of the following problems because these may be signs of an allergic reaction:
- difficulty breathing
- wheezing (bronchospasm)
- hives
- rash

Tell your health care provider if you have:
- swollen glands (neck, armpit, or groin)
- joint pain
- unusual tiredness, weakness, or confusion
- chills
- generally feeling unwell
- leg pain
- shortness of breath
- chest pain
- aching muscles
- muscle weakness
- seizure
- bad stomach ache
- bleeding or bruising more easily than normal

Contact your health care provider right away if you get any symptoms that concern you, even several months after getting the vaccine.

For a more complete list of side effects, ask your health care provider.

What are the ingredients in GARDASIL?
The ingredients are proteins of HPV Types 6, 11, 16, and 18, amorphous aluminum hydroxyphosphate sulfate, yeast protein, sodium chloride, L-histidine, polysorbate 80, sodium borate, and water for injection.

This leaflet is a summary of information about GARDASIL. If you would like more information, please talk to your health care provider or visit www.gardasil.com.

Issued October 2009

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Whitehouse Station, NJ 08889, USA
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WILD RICE WITH CHICKEN & SUGAR SNAP PEAS

MAKES 6 servings
PREP 10 minutes
SLOW-COOK 5 hours on LOW

- **1½ cups wild rice mix**
- **2¾ cups vegetable broth**
- **1 pound chicken breast tenders, cut into 1-inch pieces**
- **1 shallot, finely chopped**
- **1 carrot, finely chopped**
- **1 celery rib, finely chopped**
- **8 ounces sugar snap peas, trimmed and halved**
- **2 tablespoons raspberry vinegar**
- **½ cup chopped toasted walnuts**
- **¼ cup chopped parsley**
- **½ teaspoon salt**
- **¼ teaspoon black pepper**
- **1 head Boston lettuce**

1. Rinse rice under cold water. Place rice in slow cooker bowl and add the broth, chicken, shallot, carrot and celery. Cover and cook on LOW for about 5 hours or until rice kernels are open but not mushy.
2. Remove cover and stir in snap peas, vinegar, walnuts, parsley, salt and pepper.
3. Remove 12 small bowl-shaped leaves from head of lettuce; rinse and pat dry. Spoon about ½ cup rice mixture into each lettuce cup and serve.

PER SERVING 338 calories; 9 g fat (1 g sat.); 24 g protein; 42 g carbohydrate; 5 g fiber; 696 mg sodium; 44 mg cholesterol

SWEET & SOUR STUFFED CABBAGE ROLLS

MAKES 6 servings (18 rolls)
PREP 20 minutes **COOK** 15 minutes
SLOW-COOK 5 hours on LOW

- **1 small head green cabbage, cored**
- **1 tablespoon vegetable oil**
- **1 medium-size onion, finely chopped**
- **2 garlic cloves, minced**
- **1 teaspoon cinnamon**
- **¼ teaspoon nutmeg**
- **2 cans (8 ounces each) tomato sauce**
- **2 tablespoons light-brown sugar**
- **2 tablespoons red wine vinegar**
- **2 slices reduced-calorie wheat bread**
- **⅓ cup skim milk**
- **1 pound lean ground beef**
- **¼ teaspoon salt**
- **¼ teaspoon black pepper**
- **6 cups cooked egg noodles**

1. Bring large pot of salted water to a boil. Boil cabbage for 12 to 15 minutes, removing 9 leaves as they become pliable. Drain well, then remove tough stem from leaves; cut leaves in half. Remove remaining cabbage from water and shred. Place shredded cabbage in bottom of slow cooker.
2. Meanwhile, heat oil in a large nonstick skillet over medium heat; cook onion 5 minutes. Add garlic, cinnamon and nutmeg; cook 1 minute. Remove half of onion mixture; set aside. Stir tomato sauce, sugar and vinegar into skillet and remove from heat.
3. Pulse bread and milk in food processor until a paste is formed. Add reserved onion mixture, beef, salt and pepper to food processor and pulse until well combined.
4. With stem ends of cabbage leaves facing you, place 2 heaping tablespoons of meat mixture in center of leaf and roll up. Place rolls, seam-side down, in slow cooker. Pour sauce over top. Cover; cook on LOW for 5 hours. Serve with noodles.

PER SERVING 368 calories; 9 g fat (2 g sat.); 25 g protein; 47 g carbohydrate; 5 g fiber; 603 mg sodium; 91 mg cholesterol

CREAMY SUMMER VEGETABLE STEW

MAKES 4 servings
PREP 10 minutes
SLOW-COOK 4 hours on LOW

- **8 ounces frozen pearl onions**
- **2 cups baby carrots, halved**
- **1½ cups frozen corn**
- **½ cup vegetable broth**
- **2 tablespoons red wine vinegar**
- **2 teaspoons herbes de Provence**
- **½ pound zucchini, cut into ¼-inch half-moons**
- **1 can (15.5 ounces) chickpeas, drained and rinsed**
- **½ cup light cream**
- **1½ tablespoons cornstarch**
- **¼ teaspoon salt**
- **¼ teaspoon black pepper**
- **2 plum tomatoes, seeded and chopped**
- **2 tablespoons grated Asiago cheese**
- **2 cups cooked white rice (optional)**

1. Place onions, carrots, corn, broth, vinegar and 1½ teaspoons herbes de Provence in slow cooker. Cover and cook on LOW for 3 hours.
2. Stir in zucchini and chickpeas; cook for 45 minutes. In a small bowl, stir together cream, cornstarch, salt, pepper and remaining ½ teaspoon herbes de Provence; set aside.
3. Stir in cream mixture and tomatoes and cook an additional 15 minutes or until thickened. Sprinkle with Asiago and serve with rice, if desired.

PER SERVING 311 calories; 9 g fat (4 g sat.); 11 g protein; 48 g carbohydrate; 9 g fiber; 681 mg sodium; 23 mg cholesterol

Food styling: Megan Schlow. Prop styling: Megan Hedgpeth.

photography by **Kate Mathis**

SEAFOOD PESTO PASTA

MAKES 6 servings
PREP 10 minutes
SLOW-COOK 2 hours on HIGH or 4 hours on LOW **COOK** 7 minutes

- **3 cups frozen chopped broccoli**
- **1 pound frozen bay scallops**
- **¾ pound frozen raw, peeled medium-size shrimp**
- **⅔ cup low-sodium chicken broth**
- **½ cup white wine**
- **3 sprigs parsley**
- **1 thick slice onion**
- **1 thick slice lemon**
- **½ pound angel hair pasta**
- **7 tablespoons reduced-fat basil pesto (such as Buitoni)**

1. Coat slow cooker bowl with nonstick cooking spray. Arrange broccoli on bottom of bowl, then top with frozen scallops and shrimp. Pour broth and wine over top, then add parsley, onion and lemon. Cover and cook on HIGH for 2 hours or LOW for 4 hours. Drain and discard parsley, onion and lemon.
2. Meanwhile, cook pasta according to package, 7 minutes; reserve ½ cup water. Drain pasta; place in large serving bowl.
3. Add seafood and pesto to pasta; toss well to combine, adding pasta water by the tablespoonful, if needed.

PER SERVING 352 calories; 8 g fat (2 g sat.); 33 g protein; 36 g carbohydrate; 4 g fiber; 384 mg sodium; 116 mg cholesterol

FamilyCircle.com
For more healthy slow cooker suppers, go to familycircle.com/healthyslowcooker

TURKEY BREAST WITH YOGURT-CILANTRO SAUCE

MAKES 6 servings
PREP 10 minutes
SLOW-COOK 3 hours on HIGH or 5 hours on LOW **COOK** 1 minute

- **1 boneless turkey breast for London Broil (about 2½ pounds; such as Shady Brook Farms)**
- **1 onion, chopped**
- **3 sprigs cilantro**
- **¾ cup low-sodium chicken broth**
- **½ teaspoon salt**
- **½ teaspoon black pepper**
- **2 tablespoons cornstarch**
- **⅓ cup low-fat plain yogurt**
- **¼ cup chopped cilantro**
- **6 cups mixed salad (optional)**

1. Coat slow cooker bowl with nonstick cooking spray. Place turkey into bowl and top with onion. Add cilantro sprigs then pour in broth. Sprinkle turkey with ¼ teaspoon *each* salt and pepper. Cover; cook on HIGH for 3 hours or LOW for 5 hours.
2. Remove turkey to a cutting board and keep warm. Strain liquid into a saucepan. In a small bowl, stir together cornstarch and 3 tablespoons liquid from saucepan. Bring to a boil over medium-high heat. Whisk cornstarch mixture into saucepan and cook 1 minute or until thickened.
3. Remove sauce to a serving bowl and stir in remaining ¼ teaspoon *each* salt and pepper, yogurt and chopped cilantro. Cut turkey into slices and serve with sauce and a side salad, if desired.

PER SERVING 235 calories; 3 g fat (0 g sat.); 48 g protein; 7 g carbohydrate; 1 g fiber; 388 mg sodium; 76 mg cholesterol

BBQ PORK SANDWICHES

MAKES 8 servings
PREP 5 minutes
SLOW-COOK 3 hours on HIGH or 5 hours on LOW

- **1 boneless pork loin roast (about 2½ pounds), trimmed and cut in half lengthwise**
- **1¼ cups prepared low-sodium barbecue sauce**
- **4 cups packaged coleslaw mix**
- **½ cup reduced-fat coleslaw dressing**
- **8 hamburger buns**

1. Place roast and **1 cup water** in slow cooker. Cover and cook on HIGH for 3 hours or LOW for 5 hours.
2. Remove pork from slow cooker and discard water. When cool enough to handle, shred pork into bite-size pieces; discard any excess fat. Stir pork together with barbecue sauce.
3. Stir together coleslaw mix and dressing. Place ½ cup pork mixture on buns and top with ½ cup coleslaw. Serve immediately.

PER SERVING 456 calories; 16 g fat (5 g sat.); 31 g protein; 47 g carbohydrate; 2 g fiber; 1,050 mg sodium; 74 mg cholesterol

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Oscar Mayer

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*Peanut Butter & Jelly Sandwich: 18g sugar, 18g fat, 3.5g saturated fat, 500mg sodium
Bologna Sandwich w/fat-free mayo: 4g sugar, 10g fat, 4.0g saturated fat, 770mg sodium

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buyer's guide

• from the editor

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• style

Shot on location at Almond Smugglers Cove, St. Lucia, almondresorts.com or 758-450-0551.

STYLE NEWS

Page 95: Stripes: Shirt, **Lauren Jeans Co. by Ralph Lauren,** $79.50, select Lord & Taylor. Tank, **Lauren by Ralph Lauren,** $129, select Lord & Taylor. Earrings, **Emily Elizabeth,** $30, emilyelizabethjewelry.com. Watch, **Timex,** $90, timex.com.
Page 96: Rock of Ages: (top to bottom) necklaces, **Tru by Nicole Yacano,** $98, trubynicole.com. Amazon.com, $30, amazon.com/jewelry. Bare Essentials: **Venus Embrace Disposables,** $10, drugstores. **Nair Shower Power Max,** $9, drugstores. **Parissa** Quick and Easy Wax Strips for Legs & Body, $12, Walmart. **Remington** Smooth & Silky 2-in-1 Complete Epilation Kit, $60, Target stores. Happy Feet: Polishes: **Milani Neon Nail Lacquer** in Pink Rocks, $5, drugstores. **Shades by Barielle** in A Bouquet for Ava, $8, barielle.com. **OPI Nail Lacquer** in A Good Man-darin is Hard to Find, $8.50, Ulta stores. Sandals: **Gretta,** $35, shoes.com. **AMI Clubwear,** $20, amiclubwear.com. **Franco Sarto,** $69, Lord & Taylor.

LINDA'S CLOSET

Page 98: Working Out? No Sweat! **WIN** Green Sports Detergent, $7, amazon.com. What I Want To Wear Now: Dress, **Mark,** $32, meetmark.com. Watch, **Timex,** $95, Nordstrom.com. Flat-Out Comfort: $9, kushyfoot.com.

URBAN JUNGLE

Page 110: Shirt, **Echo,** $58, echodesign.com. Capris, **Esprit,** $49.50, esprit.com. Belt, **Cocobelle,** $108, 305-292-5172. Beaded necklace, **Cocobelle,** $28, 866-999-8447. Wooden necklaces (top to bottom), **Agabhumi,** $36, $16, $22, agabhumi.com. Bangles and ring, **SURevolution,** $20/each and $45, surevolution.com for locations.
Page 111: Dress, **T-Bags,** $207, 843-524-7118. Sandals, **American Eagle Outfitters,** $29.50, ae.com. Earrings, **R.J. Graziano,** $75, 212-685-1248 for availability. Necklaces (top to bottom), **LOFT,** $34.50, loftonline.com; **Agabhumi,** $28, agabhumi.com. (Left hand) bracelet, **Agabhumi,** $12, agabhumi.com. (Right) yellow cuff, **Cocobelle,** $28, 305-292-5172. Black cuff, **Agabhumi,** $14, agabhumi.com.
Page 112: Top, **LOFT,** $44.50, loftonline.com. Pants, **Talbots,** $79.50, talbots.com. Hat, **Echo,** $38, echodesign.com. Flower pins, **LOFT,** $12.50 (small), $14.50 (large), loftonline.com. Necklace, **H&M,** $30, hm.com for locations. Belt, **LOFT,** $29.50, loftonline.com. Ring, **SURevolution,** $90, surevolution. Bag, **Buji Baja,** $142, gumtreela.com.
Page 113: Vest, **Esprit,** $129.50, esprit.com. Tank, **H&M,** $13, hm.com for locations. Cargoes, **American Eagle Outfitters,** $39.50, ae.com. Scarf, **Martin + Osa,** $69.50, martinandosa.com. Bag, **Cappelli Straworld,** $27, 800-367-3626. Sandals, **Coconuts by Matisse,** $59, bostonproper.com. (Left hand) gold bangles, **R.J. Graziano,** $28 (medium), $28/set of 5 (thin), 212-685-1248. Raffia bangle, **Ben-Amun by Isaac Manevitz,** $15, ben-amun.com. (Right) two-tone bangle, **Ben-Amun by Isaac Manevitz,** $95, ben-amun.com; thin bangles, **Bombay Fashions,** $20/set of 5, bombayfashions.com.
Page 114: Top, **Sienna Rose,** $34.50, siennarose.com. Shorts, **Martin + Osa,** $69.50, martinandosa.com. Earrings, **Agabhumi,** $36, agabhumi.com. Scarf, **Martin + Osa,** $69.50, martinandosa.com. Necklace, **R.J. Graziano,** $55, 212-685-1248. (Left hand) bangles (top to bottom), **Ted Rossi,** $65, tedrossi.com; **Ben-Amun by Isaac Manevitz,** $95, ben-amun.com; **Agabhumi,** $10, agabhumi.com for locations; **Lenora Dame,** $40, lenoradame.com. (Right) bangles, **Colette Malouf,** $148/each, henribendel.com for locations.
Page 117: Top, **Song Valerie Gregori Mckenzie,** $138, 305-936-0467. Skirt, **The Limited,** $69.50, thelimited.com. Sandals, **Sam Edelman,** $99, hsn.com. Hat, **San Diego Hat Co.,** $54, sandiegohat.com. Earrings, **Mark,** $14, meetmark.com. (Left hand) bracelets, brass bead bangle, **SURevolution,** $35, surevolution.com for locations. Thin bangles, **Rosena Sammi,** $50/pair, shoprosenasammi.com. (Right) Metal bracelet, **SURevolution,** $95, surevolution.com. Thin bangles, **Rosena Sammi,** $50/pair, shoprosenasammi.com.

• health

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WALKING CHALLENGE RULES

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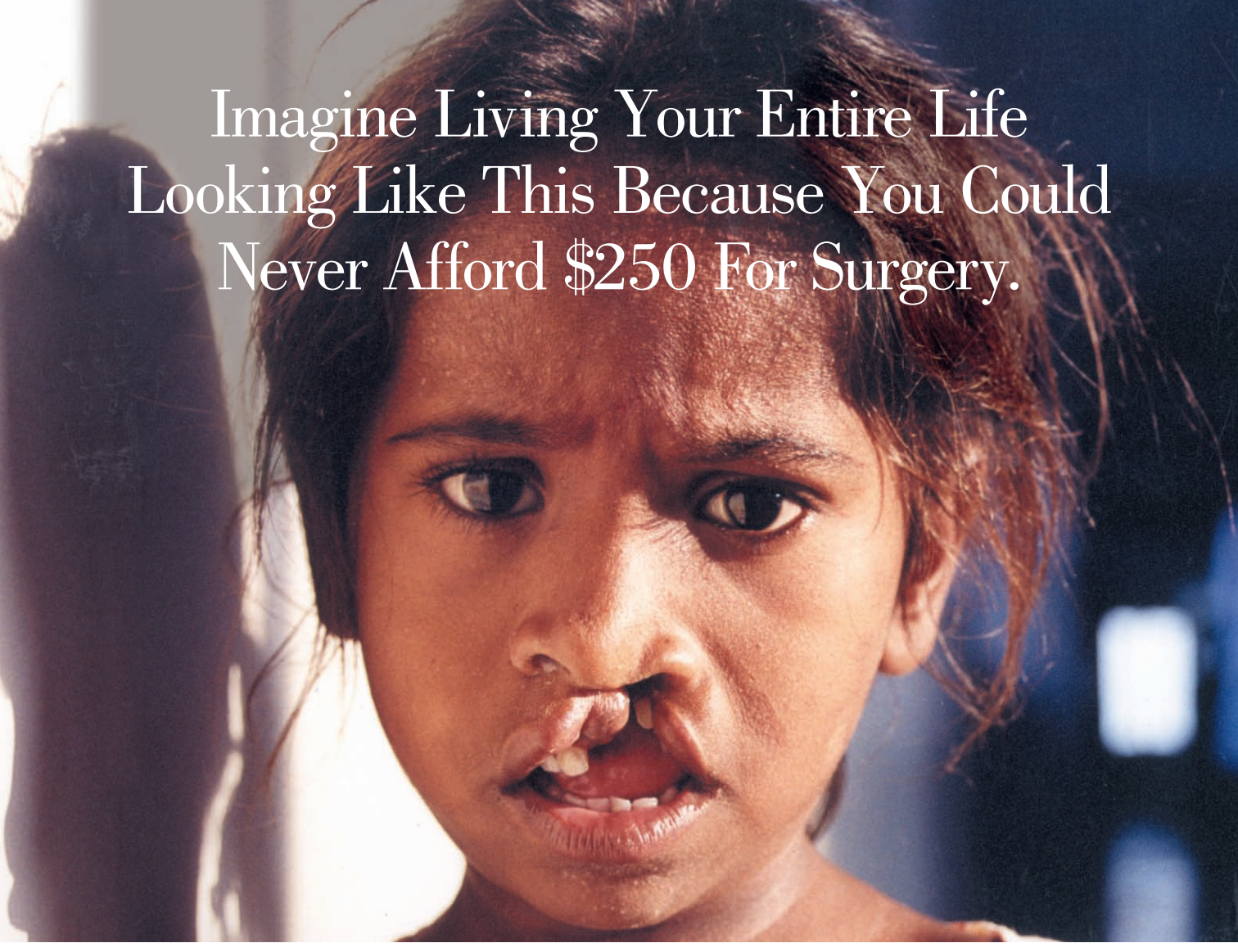

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by Patty A. Martinez

Molly Ringwald

A former Brat Packer who stars in *The Secret Life of the American Teenager,* Molly Ringwald knows plenty about adolescent angst. But being mom to Mathilda, 6, and fraternal twins Adele and Roman, 1, is an entirely different role for the 42-year-old actress and author.

Molly wants to teach her kids to be brave enough to take smart, rewarding risks—like she did.

» How did Mathilda take the news that she was getting a baby brother and sister? It was an adjustment for her after being an only child for so many years. To keep it positive, we turned the twins' births into a celebration for her too. Before they were born we planned a "big-sister party" so she would have something to look forward to. We invited friends to bring presents for Mathilda in honor of her becoming a big sister.

» It must be nice to have another pair of hands to help out with the twins. She'll give them a bottle every once in a while, but her main job is to run around and make them laugh.

» What was the biggest challenge going from one kid to three? The lack of sleep! My husband, Panio (a writer and book editor), and I used to get up when Mathilda did. Now when she comes into our room, we give her a timer set for 30 minutes and tell her to come back when it rings.

» Mathilda sounds like a handful. She's very opinionated, so it's hard for her to hear that there's another way to do things. We work on that a lot. And apparently it's emphasized at school too. One day she came home and said, "I need to learn to be flexible." I thought to myself, "Where did she get that word?" It turns out her teacher told her that!

» What's your favorite moment of the day as a family? Dinner is our special sharing time. We sit down and talk about the day's high and low, or what Mathilda calls "rose and thorn." We explain what went well and what was challenging.

» Does Mathilda remind you of yourself at her age? Absolutely. She's creative and has a big imagination like I did. She also takes an art class, and she just played Tiger Lily in *Peter Pan*.

» And whom do Adele and Roman take after? It's still early, but personality-wise, Roman is incredibly happy and smiley, while Adele is more watchful and stoic. And they both look a little like Mathilda, although they don't resemble each other at all!

» What was the hardest part about growing up in the public eye? Feeling like I couldn't make a mistake without the world knowing about it. And it's important for people to slip up once in a while—that's how they grow.

» Was it cool being part of the Brat Pack? That term came from a magazine article; it's not like we were in a special club! But it was exciting making original movies—and of course it was so inspiring to work with director John Hughes.

» In your book *Getting the Pretty Back*, you talk about motherhood, friendship and fitness. What's the biggest lesson for readers? That a woman who is confident can do anything! I want women to embrace their inner girls—when they were fearless—and pair that with the life experience that comes with adulthood. It truly is the best of both worlds. ●

facts of life »

How you know her: Besides her Brat Pack flicks, she appeared in *Cabaret* and *Sweet Charity* on Broadway.

Favorite fashion tips for busy moms: "If you find something you like, buy it in every color! And definitely get to know a good tailor."

What's in a name: "Since Panio is Greek he wants the kids to call him 'baba,' but Mathilda rebelled when she was 4 and only calls him daddy."

Guilty obsession: "Craigslist and eBay! I'm very into recycling and have furnished the house with items from online postings."

Love at first bite: "Panio won me over on our first date by making tzatziki. It was very romantic—even with all that garlic!"

Photo: Wendy Waddell.

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